

COGNITIVE BEHAVIORAL THERAPY FOR CHRONIC PAIN:

There are other alternatives!

2-DAY INTENSIVE

WEBINAR INSTRUCTION

September 16-17, 2019

Starting September 25, 2019

DESCRIPTION

With spikes in overdose deaths for individuals with opioid use disorders on the rise, physicians have decreased opioid prescriptions to patients with chronic pain due to the risk of accidental death and abuse. Physicians and patients are turning to alternative treatment options for opioid use disorders and chronic pain.

Many physicians are now prescribing Cognitive Behavioral Therapy (CBT) for chronic pain. CBT is an effective treatment for significantly reducing depression and anxiety in chronic pain patients. The CBT for Chronic Pain (CBT-CP) protocol has been clinically shown to improve overall quality of life by reducing the negative impact of pain on daily life, improving physical and emotional functioning, and increasing effective coping skills for pain management.

The Department of Veterans Affairs has been an integral part in disseminating and implementing CBT-CP protocol in the United States. Dr. Elizabeth Lima from The Charles George VA Medical Center will provide detailed instructions in a two-day live workshop, followed by nine 1-hour webinars to provide intensive instruction on how to use CBT in your practice. Utilizing CBT can decrease suffering and increase the quality of life for individuals with mental health and chronic pain conditions.

AUDIENCE

Mental health professionals (including substance use counselors, social workers, psychologists, marriage and family therapists, school counselors, etc.) and other professionals interested in this subject.

OBJECTIVES

Upon completion of this activity, participants will be able to:

- Identify how key components of CBT can be used in the treatment of chronic pain
- Examine pain interview assessments and how to utilize various tools within mental health and addiction practice
- Demonstrate various skills and techniques to assist individuals suffering from chronic pain, with or without addiction

PROVIDED BY



WITH THE SUPPORT OF

Charles George
VA Medical Center
(Asheville, NC)



U.S. Department
of Veterans Affairs

2-DAY LIVE WORKSHOP AT MAHEC

LOCATION	MAHEC Mary C. Nesbitt Biltmore Campus 121 Hendersonville Rd, Asheville, NC 28803
DAY 1 REGISTRATION PROGRAM	Monday, September 16, 2019 7:30 am–8:00 am (<i>light breakfast provided</i>) 8:00 am–4:30 pm (<i>lunch provided</i>)
DAY 2 REGISTRATION PROGRAM	Tuesday, September 17, 2019 7:30 am–8:00 am (<i>light breakfast provided</i>) 8:00 am–4:30 pm (<i>lunch provided</i>)

VIRTUAL INSTRUCTION VIA WEBINAR

Must attend each webinar in its entirety to receive credit.

Wednesday, September 25, 2019 | 12:00 pm–1:00 pm
Patient Selection and Session 1: Interview and Assessment

Wednesday, October 2, 2019 | 12:00 pm–1:00 pm
Session 2: Treatment Orientation

Wednesday, October 9, 2019 | 12:00 pm–1:00 pm
Sessions 3 & 4 (Part A): Exercise and Pacing

Wednesday, October 16, 2019 | 12:00 pm–1:00 pm
Sessions 4 (Part B) & 5: Relaxation Training

Wednesday, October 30, 2019 | 12:00 pm–1:00 pm
Sessions 6 & 7: Pleasant Activities 1 & 2

Wednesday, November 6, 2019 | 12:00 pm–1:00 pm
Sessions 8 & 9: Cognitive Coping 1 & 2

Wednesday, November 13, 2019 | 12:00 pm–1:00 pm
Challenges and Session 10: Sleep

Wednesday, November 20, 2019 | 12:00 pm–1:00 pm
Session 11: Discharge Planning

Wednesday, November 27, 2019 | 12:00 pm–1:00 pm
Booster Session, Moving Forward, and Course Wrap-up

REGISTRATION FEES & SPECIAL RATES

PROGRAM FEE	\$265.00 per person
GROUP RATE	\$215.00 per person for groups of five or more from the same agency (<i>must register and pay at the same time</i>)
MAHEC EMPLOYEES	FREE (<i>must register in order to attend</i>)
Early registration fees available thru September 9, 2019.	

FACULTY



Elizabeth N. Lima, PhD, received her PhD in Clinical Psychology from Florida State University in 2007. She became increasingly focused on integrative health when she became behavioral medicine faculty at a family medicine residency program for Pardee Hospital following completion of her doctorate. In February 2009, Dr. Lima began her career at the Asheville VA as a primary care

mental health integration psychologist. In late 2010, she became the Health Behavior Coordinator, expanding her collaborations with interdisciplinary staff across the facility and expanding services to primarily medical populations. Dr. Lima strongly believes in “it takes a village” and has pursued opportunities in diverse clinical, educational/research, and administrative endeavors that have allowed her to grow and expand her repertoire of skills. With respect to chronic pain, she is a national consultant for the Department of Veterans Affairs in CBT for Chronic Pain, training psychologists, social workers, and other mental health providers across the country in the VA’s CBT-CP model.

CREDITS



NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #165445. MAHEC is responsible for all aspects of their programming. Approved for **22.5** hours.



NBCC: MAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of their programs. Approved for **22.5** hours

NC Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Approved for **22.5** hours Category A.

CEUs: MAHEC designates this live continuing education activity as meeting the criteria for **2.3** CEUs as established by the National Task Force on the Continuing Education Unit.

Contact Hours: MAHEC designates this live continuing education activity as meeting the criteria for **22.5** contact hours.

PLANNING COMMITTEE

Eric Christian, LPC

Community Care of North Carolina, Asheville, NC

Elizabeth Flemming, LPC

UNC Health Sciences at MAHEC, Asheville, NC

Elizabeth Lima, PHD

Charles George VA Medical Center, Asheville, NC

Martha Teater, MA, Teater Health Solutions, Denver, CO

DIRECTIONS

MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Road, Asheville, NC 28803

From I-40 E: Take Exit 50 and turn left onto Hendersonville Road.

From I-40 W: Take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

From 19-23 (I-26): Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

MONDAY, SEPTEMBER 16, 2019

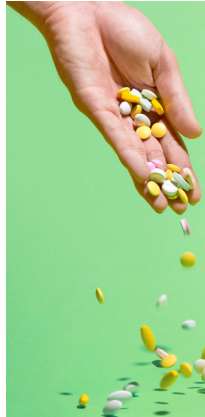
- 7:30–8:00** Registration, Check-in, and Light Breakfast (*provided*)
- 8:00–8:45** Welcome, Overview, Agenda, and Participant Introductions
- 8:45–8:50** Video: Brainman Chooses
- 8:50–9:10** CBT-CP Introduction
- 9:10–9:15** Video: ACPA Car with 4 Flat Tires
- 9:15–9:45** Session 1: Pain Interview and Assessment
- 9:45–10:00** Break
- 10:00–10:15** Demonstration of Session 1
- 10:15–11:00** Session 2: Orientation and Pain Education
- 11:00–11:15** Demonstration of Session 2
- 11:15–12:00** Breakout Groups: Sessions 1 and 2
- 12:00–1:00** Lunch (*provided*)
- 1:00–1:30** Case Conceptualization
- 1:30–2:15** Session 3: Assessment Feedback and Goal Planning
- 2:15–2:30** Demonstration of Session 3
- 2:30–2:45** Break
- 2:45–3:15** Breakout Groups: Session 3
- 3:15–4:00** Session 4: Exercise and Pacing
- 4:00–4:15** Therapist Considerations
- 4:15–4:30** Wrap-up Day 1 and Questions
- 4:30** Adjourn

TUESDAY, SEPTEMBER 17, 2019

- 7:30–8:00** Registration, Check-in, and Light Breakfast (*provided*)
- 8:00–8:05** Welcome and Agenda
- 8:05–8:20** Video: Arthur’s Transformation
- 8:20–8:30** Demonstration of Session 4
- 8:30–9:00** Breakout Groups: Session 4
- 9:00–9:30** Session 5: Relaxation Training
- 9:30–9:45** Break
- 9:45–10:25** Sessions 6 & 7: Pleasant Activity Identification
- 10:25–10:45** Demonstration of Sessions 6 & 7
- 10:45–11:15** Breakout Groups: Sessions 5-7
- 11:15–11:45** CBT-CP Review of Evidence Base
- 11:45–12:45** Lunch (*provided*)
- 12:45–1:45** Sessions 8 & 9: Cognitive Coping
- 1:45–2:00** Demonstration of Sessions 8 & 9
- 2:00–2:30** Breakout: Sessions 8 & 9
- 2:30–2:45** Break
- 2:45–3:15** Session 10: Sleep
- 3:15–3:45** Session 11: Discharge Planning
- 3:45–4:15** Next Steps and Discussion
- 4:15–4:30** Program Evaluation, Logistics, Questions, and Wrap-up
- 4:30** Adjourn



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WEBINAR INSTRUCTION

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Starting September 25, 2019

Updated contact information. #19MH038/58668

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX- _____ (last 4 digits required)

OCCUPATION _____

EMAIL ADDRESS _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME COUNTY _____

HOME # _____ WORK # _____

EMPLOYER _____

DEPARTMENT _____

EMPLOYER'S ADDRESS _____

CITY _____ STATE _____ ZIP _____

WORK COUNTY _____

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed Credit card information provided

Visa MasterCard Discover Card American Express

ACCOUNT # _____

EXP ____ / ____ CODE ON BACK OF CARD _____ (3 digits)

NAME ON CARD _____

SIGNATURE _____

REGISTRATION

[CLICK HERE TO REGISTER](#)

Early registration deadline: Monday, September 9, 2019

The registration fees below include administrative costs, educational materials, a light breakfast, and lunch. If your registration is received after the deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations that are received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than 2 full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

MEAL PREFERENCE Vegetarian Gluten-free Vegan

PROGRAM FEE \$265.00 \$280.00 (if after 9/9/19)

GROUP RATE (five or more from the same agency; must register/pay at the same time) \$215.00 \$230.00 (if after 9/9/19)

MAHEC EMPLOYEES FREE (must register in order to attend)

HAVE A QUESTION? Contact the Program Planner

Special Services 828-348-3624

Scott Melton, MDiv scott.melton@mahec.net or 828-257-4402

REGISTRATION INFORMATION 828-257-4475

FAX REGISTRATION 828-257-4768

ONLINE REGISTRATION www.mahec.net/cpd

EMAIL registration@mahec.net

MAIL MAHEC Registration 121 Hendersonville Road, Asheville, NC 28803