

BEHAVIORAL TREATMENT OF CHRONIC PAIN:

Evidence-Based Tools to Move from Hurt to Hope

November 29, 2017 or June 1, 2018



LOCATION	MAHEC Mary C. Nesbitt Biltmore Campus 121 Hendersonville Rd, Asheville NC 28803
DATE	Wednesday, November 29, 2017
REGISTRATION PROGRAM	8:30 am–9:00 am (<i>light breakfast provided</i>) 9:00 am–4:45 pm
	Note: <i>Early registration fees through Nov. 22, 2017</i>
DATE	Friday, June 1, 2018
REGISTRATION PROGRAM	8:30 am–9:00 am (<i>light breakfast provided</i>) 9:00 am–4:45 pm
	Note: <i>Early registration fees through May 25, 2018</i>
PROGRAM FEE	\$65.00
GROUPS OF FIVE OR MORE FROM SAME AGENCY	\$55.00 (<i>must register/pay at the same time</i>)
STUDENTS	\$35.00 (<i>show student ID at check-in</i>)
MAHEC EMPLOYEES	FREE (<i>must register to attend</i>)

DESCRIPTION

Across the nation, healthcare providers are taking another look at how to safely and effectively treat pain while also reducing the risks associated with opioids. It is estimated that 100 million people in the U.S. are living with chronic pain and that approximately 1/3 of these individuals are seeking medical treatment for their pain.

Pain management has typically not been a part of behavioral health practice, but research and clinical practice are demonstrating that behavioral interventions are the most effective treatment for chronic pain. The CDC recently put out guidelines that highlight the opioid epidemic and its tragic consequences, along with recommendations for treating chronic pain. Behavioral treatment is the most effective option and should be tried prior to prescribing opioids.

More behavioral health providers with expertise in behavioral interventions for pain management are needed to combat the opioid epidemic. This interactive and cutting-edge training will provide participants with innovative and evidence-based tools and techniques to expand their clinical practice and treat chronic pain. Participants will gain the skills and confidence needed to provide practical and life-changing interventions to help individuals manage chronic pain and enjoy active, healthy and meaningful lives.

AUDIENCE

Behavioral Health Professionals (Psychologists, Counselors, Social Workers, Marriage and Family Therapists, Substance Abuse Counselors, etc.) and others interested in this topic.

OBJECTIVES

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

- Define pain and its emotional aspects
- Describe and map out the chronic pain cycle
- List risks of opioid medications
- Utilize effective components of the cognitive-behavioral treatment of chronic pain
- Demonstrate mindful approaches for chronic pain

CREDITS



APA: MAHEC is approved by the American Psychological Association to sponsor continuing education for psychologists. MAHEC maintains responsibility for this program and its content. Full attendance is required to receive credit. This program will be offered for **6.0 CE**.



NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #96726. MAHEC is responsible for all aspects of their programming. Full attendance is required to receive credit from NAADAC. Approved for **6.0 hours**.



MH 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 its programming. Full attendance is required to receive credit. **6.0 hours**.

CEUs: MAHEC designates this continuing education activity as meeting the criteria for **0.6 CEUs** as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

Contact Hours: MAHEC designates this continuing education activity as meeting the criteria for **6.0 Contact Hours**. Full attendance is required to receive credit.



In
collaboration
with



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.

ONLINE REGISTRATION

CLICK HERE FOR 11/29/17

CLICK HERE FOR 6/1/18

AGENDA (BOTH DATES)

- 8:30–9:00** Registration & Check-In (*light breakfast provided*)
- 9:00–10:30** Defining Pain
- Acute vs. Chronic
- Chronic Pain Onset
- Physical
 - Emotional
- Central Sensitization
- Emotional Aspect of Pain
- ACEs (Adverse Childhood Experiences) Study and its Link to Pain
- 10:30–10:45** Break
- 10:45–11:45** Impact of Pain
- Special Populations
- Chronic Pain Cycle
- Psychological
 - Physical
- Factors that Impact Pain
- Physical
 - Thought
 - Emotions
 - Behaviors
 - Social Interactions
- Suicidality and Chronic Pain
- 11:45–1:00** Lunch (*on your own*)
- 1:00–2:30** Opioids
- The Scope of the Problem
 - The “Painkiller” Myth
 - Medication-Assisted Abstinence
 - Risks
- Treatment
- Pain Experience Factors
- Assessment
- Goal Setting
- Treatment Options
- 2:30–2:45** Break
- 2:45–4:45** CBT Tools
- Automatic Negative Thoughts
 - Thought Distortions
 - ABC Worksheet
 - Decatastrophizing
- Mindfulness
- Powerful Evidence-Based Interventions
- Additional Behavioral Treatment Tools
- Pleasant Activities
 - Progressive Muscle Relaxation
 - Anger Management
 - Time-Based Pacing
 - Stress Management
 - Sleep Hygiene
- Resources
- Q&A Session

FACULTY

Martha Teater, MA, LMFT, LPC, LCAS, has been in private practice in Waynesville, NC since 1990. She has worked in primary care settings, free clinics, and medication-assisted treatment programs. She has provided hundreds of trainings in 45 states and internationally on topics such as evidence-based treatments for trauma, DSM-5, compassion fatigue, and behavioral treatment of chronic pain. Martha has written over 175 articles in newspapers and magazines, including Psychotherapy Networker and Family Therapy Magazine. She is the coauthor (with John Ludgate) of *Overcoming Compassion Fatigue: A Practical Resilience Workbook*. She is also coauthor (with Don Teater) of the book, *Treating Chronic Pain: A Pill-Free Approach to Move People from Hurt to Hope*.

REGISTRATION

Early registration deadlines:

- **November 22, 2017** if attending on November 29, 2017
- **May 25, 2018** if attending on June 1, 2018

The registration fee is \$65.00 for Behavioral Health Professionals, \$55.00 for groups of five or more from the same agency (must register and pay at the same time), \$35.00 for Students (must show student ID at check-in) and FREE for MAHEC Employees. These fees include administrative costs, educational materials and a light breakfast. If 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 received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

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.

HAVE A QUESTION?

Contact the Program Planner

Elizabeth Flemming, LPC

elizabeth.flemming@mahec.net or 828-257-4466

REGISTRATION INFORMATION: 828-257-4475

FAX REGISTRATION: 828-257-4768

ONLINE REGISTRATION: www.mahec.net

EMAIL: registration@mahec.net

MAIL: MAHEC Registration
121 Hendersonville Rd., Asheville, NC 28803



Special Services
828-257-4761

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By registering for this conference, you are granting permission for your contact information to be shared with Community Care of Western North Carolina, which is a collaborator on this education event.

Updated contact information.

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.

Attending on Wednesday, November 29, 2017.

REGISTRATION FEE \$65.00 \$80.00 (after Nov. 22nd)

GROUPS OF FIVE OR MORE (same agency) \$55.00 \$70.00 (after Nov. 22nd)
(must register/pay at the same time)

STUDENTS \$35.00 \$50.00 (after Nov. 22nd)
(must show student ID at check-in)

MAHEC EMPLOYEES FREE (must register to attend)

Attending on Friday, June 1, 2018.

REGISTRATION FEE \$65.00 \$80.00 (after May 25th)

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(must register/pay at the same time)

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(must show student ID at check-in)

MAHEC EMPLOYEES FREE (must register to attend)

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 _____

Send completed registration form to: #18MH013/53489
MAHEC Registration
121 Hendersonville Rd., Asheville, NC 28803 **Fax to:** 828-257-4768