

BEHAVIORAL TREATMENT OF CHRONIC PAIN:

Evidence-Based Tools to Move from Hurt to Hope

November 29, 2018 or March 8, 2019



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

DATE **Thursday, November 29, 2018**
REGISTRATION PROGRAM 8:30 am–9:00 am (*light breakfast provided*)
9:00 am–4:45 pm

Note: *Early registration fees through Nov. 22, 2018*

DATE **Friday, March 8, 2019**
REGISTRATION PROGRAM 8:30 am–9:00 am (*light breakfast provided*)
9:00 am–4:45 pm

Note: *Early registration fees through March 1, 2019*

PROGRAM FEE **\$65.00**

STUDENTS **\$35.00** (*show student ID at check-in*)

MAHEC EMPLOYEES **FREE** (*must register to attend*)

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 treatment 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 including psychologists, social workers, counselors, marriage and family therapists, substance abuse counselors, 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



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. Approved for **6.0 hours**.



NBCC: Mountain Area Health Education Center (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 the programs. Full attendance is required to receive credit. **6.0 hours**.

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 **6.0 hours Category A**. Full attendance is required to receive credit.

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. Full attendance is required to receive credit.

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 11/29/18](#)

[CLICK HERE FOR 3/8/19](#)

AGENDA (BOTH DATES)

8:30–9:00 Registration & Check-In (*light breakfast provided*)

9:00–10:30 Defining Pain
Chronic Pain Onset
Central Sensitization
Chronic Pain Cycle
Emotional Aspect of Pain
ACEs (Adverse Childhood Experiences) Study
Suffering

10:30–10:45 Break

10:45–11:45 Impact of Pain
Special Populations
Factors that Impact Pain
Marijuana
Suicide

11:45–1:00 Lunch (*on your own*)

1:00–2:30 Opioids

- Scope of the Problem
- The “Painkiller” Myth
- Withdrawal
- Medication-Assisted Abstinence
- Narcan
- Risks

Treatment

- Treatment Options
- 10-Session Treatment Model

1. Assessment
2. Goal Setting

2:30–2:45 Break

2:45–4:45 **3. & 4.** CBT Tools
5. & 6. Mindfulness
7. Increasing Activity Level
8. Pleasant Activity Scheduling
9. Sleep Hygiene
10. Relaxation and Stress Management

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, 2018** if attending on November 29, 2018
- **March 1, 2019** if attending on March 8, 2019

The registration fee is \$65.00 for Behavioral Health Professionals, \$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 Manager

Karen Lambert
karen.lambert@mahec.net or 828-257-4761



Special Services
828-257-4761

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

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By registering for this program, you are granting permission for your contact information to be shared with Community Care of Western North Carolina, which is a collaborator on this continuing 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 Thursday, November 29, 2018. #19MH013/56816

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

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, March 8, 2019. #19MH014/56818

REGISTRATION FEE \$65.00 \$80.00 (after March 1st)

STUDENTS \$35.00 \$50.00 (after March 1st)
(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:

MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803 **Fax to:** 828-257-4768