**Physiotherapy Pain Association Introductory Course**

**An introduction to the Cognitive-Behavioural**

**Approach to the management of pain**

Course delivered by Pain Training and Education

Course tutors: Dr Pete Gladwell and Emma Bartlett

* **Identify and manage factors known to affect prognosis**
* **Develop a treatment plan using a cognitive behavioural approach**

Feedback from previous courses included comments such as:

* + *“Great course with very practical/clinical application bias”*
  + *“Helped to build confidence with dealing with complex issues”*
  + *“Both presenters very experienced, friendly, supportive and approachable”*
  + *Good balance between practical and lecture and discussion”*

The aim of the course is to introduce and apply the Biopsychosocial model to the assessment and management of pain, including the use of cognitive-behavioural principles to inform a therapeutic approach.

This course introduces the theory and evidence base for the approach, and there is a strong emphasis on practical skills development. This course is targeted at all physiotherapists who wish to develop skills in the management of patients with persistent pain conditions, and who wish to enhance the rehabilitation of patients at risk of a poor outcome. The assessment and management skills are useful for physiotherapists working in musculoskeletal outpatient departments, private practice, occupational health settings, pain management programmes and secondary prevention programmes.

Please note that although this course will use a Cognitive Behavioural approach, it is not a Cognitive Behavioural Therapy (CBT) training course. The course organisers consider that the term CBT should be reserved for a specialist psychological intervention, typically delivered by a Clinical Psychologist. In contrast, a physiotherapist can use a cognitive behavioural approach to enhance their rehabilitation skills to improve outcomes. This is in keeping with the term “Psychologically Informed Practice” described in the recent addition of Physical Therapy: <http://ptjournal.apta.org/content/91/5/820.full>

The course objectives are that the delegate should develop an understanding of:

* the application of the Biopsychosocial Model to pain.
* the Cognitive Behavioural Model as it relates to pain.
* risk factors for poor outcome in musculoskeletal pain.
* the use of the Cognitive-Behavioural approach to physical therapy.
* the assessment of the patient suffering pain and what should be included.
* the use of communication skills in the therapeutic interaction.
* the development of the treatment programme and how this is undertaken.
* the limits of physical therapy scope of practice in the management of distress.

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