



## **Physiotherapy Pain Association**

### **PPA Sleep and Pain Course 2022**

*A postgraduate education course run by the Physiotherapy Pain Association  
in collaboration with Pain Training and Education*

**Tutors: Andrew Green and Pete Gladwell**

Andrew is a co-editor of “Sleep: multi-professional perspectives” (2012) and of “An Occupational Therapist's Guide to Sleep and Sleep Problems” (2014). He is a Specialist Occupational Therapist with nearly 20 years' experience in an NHS sleep disorder clinic and 10 years in the North Bristol NHS Trust pain management service, now working as an independent practitioner. Pete is a Clinical Specialist Physiotherapist working in North Bristol NHS Trust in the Pain Management Service and is Service lead for the Bristol M.E. Service.

This course introduces the theory and evidence base for a cognitive behavioural approach to pain-related sleep problems. The assessment of sleep problems is linked to individualised treatment planning and there is emphasis on practical skills development. This course is targeted at all physiotherapists and other clinicians who aim to enhance their knowledge and develop skills to support patients with pain-related sleep problems.

The 2021 Sleep and Pain course will be delivered over two sessions by Zoom:

Session one: Saturday 19<sup>th</sup> November 2022, 9.15am - 1pm.

Session two: Saturday 26<sup>th</sup> November 2022, 9.15am - 1pm.

There will be an optional follow-up session on Saturday 11<sup>th</sup> February, 9.30-11am.

Fee: PPA members £107.50, non-members £120

For further information or to request an application form for BACS payment, email: [ppaonlnadmn@gmail.com](mailto:ppaonlnadmn@gmail.com) or apply and pay online at <http://ppa.csp.org.uk/events>