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Psychological Skills Training: Introducing the  
'Guided Self-Help Workbook' for chronic pain  
patients.

4-5 July 2015

**Presented by: Dr Patrick Partington**

Please book online at [www.aecc.ac.uk/cpd](http://www.aecc.ac.uk/cpd)

	<b>Early Bird</b>	<b>After 29/05/15</b>
AECC GA/TAM/EAC/RCC	£225	£282
Non Members	£250	£313
Students	£100	£125

Early Bird discount for bookings received on or before 29 May



Chronic pain can be difficult to treat. Clinicians of all types often give advice to their chronic pain patients but, for whatever reason, this is not always acted upon. As a clinician you do not have the time to spend on one-to-one psychological therapy. The “Guided Self-Help Workbook’ provides you and your patient with a structured approach to chronic pain management. It takes the ‘pain neuromatrix’ as a theoretical framework within which the techniques of cognitive behavioural therapy (CBT) are applied.

The workbook has clear instruction and background information on the following:

- A rapid, cue-controlled relaxation technique that your patient can make use of during periods of pain exacerbation.
- Patient-centred pain education that alters your patient’s ‘explanatory model’ of pain.
- Cognitive restructuring techniques that help patients to alter their problematic thinking styles to more realistic and positive ones.
- Guided imagery techniques that make use of the brain’s neuroplastic abilities for change.
- Self-hypnosis techniques that, research shows, is effective for pain control, enhanced motivation and psychological well-being.
- Behavioural experiments for putting all of these techniques into practice.

You will receive the 20-page Guided Self-Help Workbook that you can give to your patients. All of the techniques offered in the workbook are evidence based. You will also receive the Instructors Manual, around which the weekend’s training is designed. The two-day training workshop is 50-50 theory and practice with supporting demonstrations. The workshop will include discussions around how to motivate your patient to engage in this style of therapy. The aim is to give you the knowledge and skills that you need to help guide your patient through the workbook. Most of the work is done by your patient independently outside of your treatments (so you become the guide or mind coach) leaving you with the time to continue with your manual therapy.

**Patrick Partington, PhD** has a background in health and exercise psychology and has been working in the field of rehabilitation for more than 20 years. He has developed a structured approach to working with chronic pain patients by assimilating techniques of motivational interviewing, cognitive therapy, NLP and hypnosis. Pat has been a lecturer at the AECC since 2006.

## 15 CPD Hours

ACCREDITED FOR 15 CPD POINTS BY THE EUROPEAN ACADEMY OF CHIROPRACTIC

Registration: Saturday 08:45

Saturday: 09:00-18:00

Sunday: 09:00-17:00      Lunch and refreshments included on both days

