



Explain Pain

20 – 21 April 2018 | Wijkgezondheidscentrum Nieuw Gent | Bart van Buchem

In a world experiencing an epidemic of chronic pain and increasing evidence of the failure of synthetic drugs; simple but extremely powerful educational tools can effectively target the natural pain treatment systems within us all.

Knowledge is power. In the new series of *Explain Pain* courses delivered by the NOI teams around the world, cutting edge pain sciences are made accessible and understandable for all. Participants will be taken through the latest knowledge of tissue, nerve, brain and stress effects on pain and movement.

Explaining modern neuroscience to patients is an evidence based strategy which can change pain and stress behaviours. Explaining pain is a two way process – the pain patterns, metaphors and stories from the patient’s viewpoint need reasoned analysis and are critical to meeting sufferers at their story.

We know more about pain in the last ten years than in the thousand years before and we are increasingly providing answers to “why do I hurt the way I do” and “what can I do about it”. The knowledge is applicable to the young and the old, from back pain to hemiplegia, general aching to the complexities of phantom pain and complex regional pain syndrome.

Decades of research and clinical experience have now been synthesised in the next step of the Explain Pain revolution – *The Protectometer*. A handbook for patients, the *Protectometer* allows a person and their clinician to map out their pain experience, understand all the many factors that affect it, and develop a tailored therapeutic education and treatment programme.

This therapy works – there are no side effects, it is available around the clock, it continues to improve and you can share it with others. These are exciting days for neuroscience, but it must be made exciting for sufferers as well.

Don’t miss this unique opportunity. NOI *Explain Pain* courses are fun, intellectually stimulating, based on evidence, always challenging, and with the introduction of the *Protectometer*, you will come away with the most impressive therapeutic tool set ever.

COURSE AIMS

1. To expand the clinical framework of rehabilitation via the paradigms of neuromatrix, pain mechanisms and modern biopsychosocialism.
2. To teach biologically based pain management skills under a framework of the sciences of clinical reasoning and evidence from clinical trials, neurobiology and education research.
3. To reconceptualise pain and stress in terms of modern neuroscience and philosophy.
4. To stimulate an urgent reappraisal of current thinking in rehabilitation, with benefits for all stakeholders in clinical outcomes - the patient, the therapist, the referrer and the payer.
5. To teach the core pain management skills of neuroscience education.

INSTRUCTOR

Bart van Buchem MPT, NL



Bart lives in Haarlem where he works in private multidisciplinary practice and specialises in treating and supporting people with chronic pain. In 2010 Bart completed his Masters in Physiotherapy after which he developed a special interest in complex and persistent pain states. He is passionate about the benefits of pain education for both clinician and patient and he is currently involved in research at Erasmus MC in Rotterdam, working on the development of an Explain Pain curriculum for clinicians and patients. Bart teaches physiotherapy both at undergraduate and postgraduate level and is responsible for founding the NOI Faculty in the Netherlands, teaching Explain pain courses across Europe.

REGISTRATION

Contact: Charlotte Bruns, Charlotte.bruns@wgcnieuwgent.be

COURSE VENUE

Wijkgezondheidscentrum Nieuw Gent
Rerum-Novarumplein 182/B, 9000 Gent, Belgium

TIMETABLE

Day 1: 08.30 Registration | 09.00 – 17.00 Lectures
Day 2: 09.00 – 16.30 Lectures

REFRESHMENTS

Tea and coffee will be provided. Lunch will also be provided

RESOURCES

Explain Pain

For pain sufferers, their clinicians and anyone interested in pain.
Medium level science.



Explain Pain handbook: Protectometer

For pain sufferers to use on their own or with clinicians.
Hardly any science.



Explain Pain Supercharged

For clinicians and interested pain sufferers.
Lots of science.



www.noiukshop.com