

This 2-day workshop is relevant to anyone who works with people in pain. It uses evidence-based educational methods to explore therapeutic neuroscience education from both clinical and educational perspectives. You will also learn how to apply these teaching skills within your practice setting in order to optimise your patient's learning experience. Patient education forms a significant component of modern healthcare, yet most clinicians have a limited toolkit. To help people make sense of their pain, we must first learn to teach.

### **Day 1**

1. **Setting the Scene:** What are we hoping to achieve? Linking pain, perception & behaviour change.
2. **A Paradigm Shift:** How we think influences how we educate people about their pain. An introduction to evidence based adult learning theories. Learn how to tailor pain education by developing your teaching toolkit.
3. **The Neurobiology of Pain:** Helping people make sense of the complexity of pain using experiential learning & guided discovery to make it stick!

### **Day 2**

1. **The Language of Pain:** Developing communication skills. Explore the influence that language and metaphors have on pain perception. Discover ways to help people express their experience of pain and overcome it.
2. **Pain & The Affective Mind:** The practical application of psychologically informed physical rehabilitation. Understanding & using CBT, Mindfulness, MI, ACT & CBM with people in pain.
3. **Getting Going Again:** Empowering function. Putting it all together. Explore the integration of shared decision making and graded exposure with evidence-based psychological management of pain.
4. **Practical Application of Adult Learning Theories:** Learn how to apply your Know Pain tools through real life case studies, problem-based, self-directed, peer-assisted & blended learning methods for improved patient education.