

## **Time schedule – Lars Avemarie**

### Day 1

- 09.00 – Intro and background
- 09.25 – Write your own pain definition 5 min
- 09.30 – Critical thinking – and the art of thinking better
- 10.45 – Break 15 min.
- 11.00 – The two dominating pain-models
- 11.45 – Pain – A multifactorial review part 1
- 12.30 – Lunch (30 min.)
- 13.00 – Case 1 15 min. (group work)
- 13.15 – Debate about Case 1 15 min.
- 13.45 – Pain – A multifactorial review part 2
- 15.00 – Break 15 min.
- 15.15 – Pain and communication
- 15.45 – Client-based pain-education (optionally)
- 17.00 – Case 2 15 min. (group work)
- 17.15 – Debate about Case 2
- 17.30 – Q & A 15 min
- 17.45 – End day one

### Day 2 09.00 – Intro Neuroscientific pain modulation

- 09.30 – The Placebo Effect and Pain Management
- 10.15 – Break (15 min)
- 10.30 – A critical review – Modalities part 1
- 11.45 – Lunch (30 min.)
- 12.15 – Find the influencing factor 15 min. (group work)
- 12.30 – A critical review – Modalities part 2
- 13.45 – Neuroscientific pain modulation part 1
- 15.00 – Break (15 min.)
- 15.30 – Neuroscientific pain modulation part 2
- 16.45 – Find the influencing factor 15 min. (group work)
- 17.00 – 6 critical questions (optionally)
- 17.20 – Q & A 25 min
- 17.45 – End of day two