

Zoeken & inschrijven

Post conference course NVMT: Psychologically informed care of MSK pain

Prijs:	€ 290,00
Prijs is inclusief:	Uitgebreide lunch, koffie/thee,fris
Discipline:	Fysiotherapie
Register:	Kwaliteitsdeel CKR, Manueeltherapeut
Toelichting accreditatiepunten	Wordt aangevraagd voor het register Manueeltherapeut
Docent(en):	Professor Steven J. Linton en Professor Peter O'Sullivan
Aantal dagen:	1
Startdatum:	Maandag 11 mei 2020 van 09:45 tot 17:30 uur
Locatie:	Theater Koningshof, Uiverlaan 20, 3145 XN Maassluis

Inhoud

This workshop focuses on building the necessary knowledge and skills needed to apply psychological informed care for people with MSK pain. This will include interview skills, validation communication skills, exposure techniques, and the ability to formulate a management plan and set goals.



Steven Linton

Peter O'Sullivan

To this end, the workshop will intertwine knowledge with practical demonstrations and skills building activities. We begin with a background to why this approach was developed and is currently a useful, evidence-based, approach in treating musculoskeletal disorders. The role of psychosocial factors that interact with physiological processes serves as an important theoretical base. A model will be presented that is useful in understanding the approach as well as in guiding assessment. We will explore clinical methods for assessing patients from this perspective since they may differ from usual care. Here communication skills are essential, and we will present a straightforward method, validation, for enhancing it. The entire afternoon is dedicated to learning exposure training methods, formulating person centred pain education and goal setting. In addition to knowledge, demonstrations integrated with practical exercises and discussion will assist participants in grasping the techniques. Lastly, in order to highlight the main points and to enhance the transfer of knowledge and skills into practice, we will explore and discuss challenges to the integration of psychologically informed care into current clinical practice.

Doelstelling

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Doelgroep

Aanvangsniveau

HBO-niveau

Studiebelasting

7 contacturen

Didactische werkwijze

Interactief college, praktische demonstratie en training

Studiemateriaal

PowerPoint presentatie

Docent(en):



Prof. Peter O'Sullivan

Peter is a Distinguished Professor at the School of Physiotherapy and Exercise Science at Curtin University and a Specialist Musculoskeletal Physiotherapist (as awarded by the Australian College of Physiotherapists in 2005). He is internationally recognised as a leading clinician, researcher and educator in Musculoskeletal pain disorders. With his team he has published more than 250 papers, written numerous book chapters and has been keynote speaker at over 100 national and international conferences. Peter also consults at bodylogic.physio where he reviews disabling

musculoskeletal pain disorders.



Prof. Steven J. Linton

Steven J. Linton is Senior Professor of Clinical Psychology who has focused his research on the role of psychological factors in the development and treatment of pain. To this end he has conducted several impressive longitudinal and clinical studies to identify key processes in the etiology of chronic pain and disability. This has also resulted in theoretical advancements including the fear and avoidance model and a model for the interaction of emotions and pain. He has also worked diligently to provide interventions. A host of randomized controlled studies lay at

the base of these psychologically oriented treatments for patients with severe chronic pain problems including exposure in-vivo and a hybrid, emotion-focused therapy that he has pioneered. Rather than simply treat chronic pain once developed, Professor Linton has also paved the way to an early identification system based on psychosocial factors for patients with back pain in primary care coupled to early, preventative interventions. Most recently his work has focused on implementing very early preventive interventions focusing on communication and problem solving techniques as well as evaluating the effects of a hybrid therapy for patients suffering chronic pain and disability. Consequently, Professor Linton brings clinical and scientific expertise to the conference.

As Senior Professor of Clinical Psychology and a scientific leader for the Center for Health and Medical Psychology his work ranges from teaching clinical and health psychology, to the translation and implementation of new findings, to a vibrant research agenda. He currently supervises several doctoral and master level students. He enjoys the great outdoors, self-sufficient gardening, and running!

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