

2024 Annual Pain Care Skills Training In-Person

Workshop Title: *Applying Mindfulness in Practice for Pain*

Presented by: Kathleen McChesney, M.A., Psy.D.

Offered: 21 August AM 0730-1130 EDT

Location: Balcony C

Course Description: Pain interference directly impacts our patients' abilities to regain physical and functional recovery as well as maintain a healthy quality of life. Understanding the function of biopsychosocial factors, central sensitization, and pain-related kinesiophobia is key for care providers to apply the most appropriate mindfulness methods in order to improve function, reduce fear-based behavior, and improve life quality. This workshop is designed to teach interdisciplinary pain providers different mindfulness methods to apply therapeutically based on individual differences of our patients. It offers a progressive program of varying experiential exercises based on the function of each to motivate willingness to participate in therapies, improve locus of control, foster pain de-sensitization, and facilitate functional recovery.

Learning Objectives:

- 1) To Improve clinical understanding of the Etiology of Experiential Avoidance, the Struggle for Control, & Behavioral Dysfunction
- 2) The Philosophy and Function of Mindfulness-Based Experiences versus Hypno-therapeutic methods
- 3) Practice Teaching and Leading Experiential Mindfulness-Based Exercises

21 AUG 2024 Agenda

0730-0845: Case Conceptualization Informs Treatment Approach:

1. Benefits of self-reports, assessments, & behavioral observation (CSI, CPAC, PCS, Classic and Operant Conditioning)
2. Identifying Experiential Avoidance
 - a. Progressive Experiential education
 - b. Progressive Practices

0845-0900: ----- **BREAK** -----

0900-1015: Practices with Scripts, Role Playing, SUDS

1. Introduce, Educate, Record! (Time limits and quality progression)
2. Awareness/Observations (senses)
3. Mindful vs Intentional – Acceptance vs. Function
4. Imaginal Exposure for distress tolerance, in-vivo rehearsal vs escape

1015-11:15 Advanced Skills

- a. Practicing Without a Script
- b. Use of Mindfulness for Pacing and Performance
- c. Accountability

11:15-11:30 Questions & Answers, Resources