

2024 Pain Care Skills Training Virtual Cognitive Behavioral Therapy (CBT) & Acceptance & Commitment Therapy (ACT) for Pain

Presented by: Darren Love, PsyD, MSCP, CPM & Jessica Richards, PhD

Offered: 15 AUGUST PM 1300-1700 EST

Location: ZoomGov

Course Description: This live course will introduce participants to the practical application of cognitive behavioral therapy for chronic pain (CBT-CP) by reviewing the theoretical underpinnings of CBT-CP, and then walking participants through the key treatment components involved in a typical course of CBT-CP treatment. The workshop will include case examples to provide participants with the opportunity to practice developing a biopsychosocial case conceptualization and identifying clinically relevant targets for treatment. Additionally, the last portion of the workshop will include recommendations for incorporating mindfulness and acceptance-ACT based strategies into a CBT-CP treatment plan.

Learning Objectives:

- 1) Understand the theoretical foundation for CBT-CP.
- 2) Describe the key treatment components involved in a typical course of CBT-CP.
- 3) Learn how to develop a biopsychosocial case conceptualization and identify specific targets for treatment with CBT-CP.
- 4) Understand how to incorporate mindfulness and acceptance-based strategies to augment CBT-CP.

15 AUG PM 1300-1700 EST

1300-1430 - Theoretical foundation of CBT-CP

Overview of key CBT-CP treatment components

1430-1445 -----BREAK----

1445-1500 -Practice: review a case example and identify biopsychosocial factors to target in treatment with CBT-CP

1500-1510 ----- BREAK----

1510-1700 - Incorporating Mindfulness & Acceptance-(ACT) based Approaches.