

Explain Pain

A two-day interactive seminar

The Explain Pain course is based on David Butler and Lorimer Moseley's book of the same name. The presenter will help you understand how the pain system works when there are injured tissues and nerves, and what happens in the brain in relation to pain experiences. You will also hear about the impact of stress in relation to pain. The seminar is delivered in a way in which any professional working with patients or clients in pain can utilise.

Neuroscience can be fun. You'll be introduced to the newest knowledge about pain 'neurotags', 'brain ignition nodes', zinging and zapping nerves, smudging in the brain and backfiring nerves. You will learn about how the immune, sympathetic and cortisol systems can be critical in pain experiences.

The provision of pain knowledge to patients is an effective evidence based treatment tool. Patients can understand far more than most health professionals realise. The therapeutic tools taught on this course are educating patients about how they can use their pain in an effective way, even if it is 'in their head', graded exposure to stimuli which evoke pain and also included are virtual body exercises - exercise your synapses not just your muscles.

Course aims / objectives

1. To expand the clinical framework of rehabilitation via the paradigms of neuromatrix and pain mechanisms.
2. To teach biologically based pain management skills under a framework of the sciences of clinical reasoning and evidence from clinical trials, neurobiology and education research.
3. To reconceptualise pain in terms of modern neuroscience and philosophy.
4. To stimulate an urgent reappraisal of current thinking in rehabilitation, with benefits for all stakeholders in clinical outcomes – the patient, the therapist, the referrer and the payer.
5. To teach the core pain management skills of neuroscience education.

Instructor

Tim COCKS Lead NOI Instructor for Australasia

Tim teaches the Graded Motor Imagery and Explain Pain courses as Lead Instructor for the NOI Australasian faculty. Highly regarded as a chronic pain therapist, Tim is also the chief contributor to noijam.com – the highest ranking social media site in clinical pain sciences.

Warrnambool
Victoria, Australia
27 - 28 April 2018
With Tim Cocks

Venue Lady Bay Resort
Warrnambool, VIC

Cost AUD \$850 inc. GST
\$1125 for EP and GMI package*
Includes workbook and catering

Host Fran Ammirato
fran@noigroup.com
(08) 8211 6388

To register

Contact the course host, or lodge an 'Enquiry' via noigroup.com
Online registrations open on our website from October 10.

This course is open to

All professionals working with patients or clients in acute and chronic pain and stress states, for example, physiotherapists, occupational therapists, doctors, psychologists, rehabilitation counsellors.

Enhancing your course outcomes

A strength of the Explain Pain course is that participants come from many professions, so please come with an open mind. It is highly recommended that registrants read Explain Pain Second Edition before the course.

Note

*Extend your course experience by taking a third day to include the Graded Motor Imagery course (one-day version) on April 29. GMI is usually a two-day course, however, when taken directly following an Explain Pain course the material can be covered in the shorter time frame.
Special package pricing applies.

Terms and conditions

- Registrant cancellation: Up to 21 days prior to the start of the course – NOI will refund the course fee less a \$50.00 administration fee. Eight to twenty days prior to the start of the course – NOI will refund 50% of your total cost. Within 7 days of the start of the course - No refund, however, your registration may be transferred to a colleague, in which case they will need to submit a registration form so we have their contact details.
- In the event of NOI having to cancel the course due to unforeseen circumstances notification will be sent as soon as possible via your contact details provided and registrants will receive a full refund of the course fee.
- Course places are only secured once payment has been successfully processed.
- Please note the NOI office is open Tuesday to Friday.