

## 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.

### 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.

#### 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 fully processed.
- Please note the NOI office is open Tuesday to Friday.

Canberra ACT Australia

14-15 April 2018

With Tim Cocks and David Butler

**Venue** Pacific Suites Canberra  
100 Northbourne Avenue  
Canberra ACT

**Cost** AUD \$850 inc. GST  
Includes workbook, catering and one copy of the *Explain Pain Handbook: Protectometer* valued at \$33.00 [INC]

**Host** Fran Ammirato | Event Coordinator  
[fran@noigroup.com](mailto:fran@noigroup.com)  
Telephone (08) 8211 6388



### 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.

### To register

Complete the application form overleaf

Or, lodge an online 'Enquiry' via [noigroup.com/courses](http://noigroup.com/courses).



### Tim Cocks NOI Lead Instructor Australasia

Tim is an experienced clinician having worked in a variety of settings and roles including private practice, rehabilitation and return to work, and advisory positions with insurers. He has developed an award winning pain education program and is regularly sought after to provide educational sessions to medical and allied health practitioners for organisations seeking to update the way they approach pain.

Tim is an integral part of the production of many of NOI's resources and is the chief contributor to [nojiam.com](http://nojiam.com) – the highest ranking social media site in clinical pain sciences.

### David Butler BPhy MAppSc EdD, NOI Director

David has an international reputation for innovative clinical thinking, translation of basic science findings into real world applications, and being able to communicate both like no-one else. An Adjunct Associate Professor with the UniSA and an Honoured Member of the APA, David has a long-standing presence in presenting and developing pain science curricula globally.

## course registration form one form per registrant

Explain Pain | Canberra | Saturday 14 - Sunday 15 April 2018 | Tim Cocks & David Butler

**Venue** Pacific Suites Canberra, 100 Northbourne Avenue, Canberra ACT Australia  
**Time** Day One 8:30am to 5pm (Registration 8:00am) / Day Two 8:30am to 5pm  
**Cost** \$850 (GST inclusive). Cost includes one copy of *Explain Pain Handbook: Protectometer*, catering, workbook.  
**Enquiries** Fran Ammirato / noi@noigroup.com / F 08 8211 8909 / T 08 8211 6388 / Tuesday to Friday

### Your details

Date \_\_\_\_\_ Title \_\_\_\_\_  
 Name (as it will read on your certificate) \_\_\_\_\_  
 Professional designation \_\_\_\_\_  
 Organisation \_\_\_\_\_  
 Email \_\_\_\_\_  
 Phone (work hours) \_\_\_\_\_ (after hours) \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_ Postcode \_\_\_\_\_  
 Medical dietary allergies \_\_\_\_\_

### Payment

#### Credit Card

Email / fax this form including credit card payment details to  
**E** noi@noigroup.com  
**F** +61 8 8211 8909

Amount to pay

\$

Name on card \_\_\_\_\_

Card no. \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Exp. \_\_\_\_ / \_\_\_\_ CVC \_\_\_\_ Signature \_\_\_\_\_

How did you hear about this course?

- Facebook  
 Twitter  
 NOIjam  
 Colleague  
 Other

Please help us ensure we have sufficient quantities of products for purchase at the course by advising us which products you are interested in purchasing on the day.

- Explain Pain Supercharged  
 Explain Pain Second Edition  
 Explain Pain Handbook: Protectometer  
 Painful Yarns  
 GMI Handbook  
 Flashcards  
 Mirror Box

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