

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.

Terms and conditions

Contact the course host for the course cancellation policy:
Core Concepts Pte Ltd | explain_pain2018@coreconcepts.com.sg

Singapore

7-8 July 2018

With Brendon Haslam

Venue Lifelong Learning Academy
10 Arumugam Rd #07-01 Lion Building A
Singapore 409957

Cost SGD900 per person
Includes workbook and catering

Host Core Concepts Pte Ltd
explain_pain2018@coreconcepts.com.sg

To register

Contact the course host (above), or lodge an 'Enquiry' via noigroup.com/courses

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.

Course Instructor

Brendon Haslam B AppSc (Physio) M Physio (Neurological)
Brendon has been working in combined neurological and pain rehabilitation since 1997, during this time completing his Masters in Neurological Physiotherapy (2000) at the University of Melbourne. Since 2002 Brendon has been teaching post graduates and has furthered his training in numerous treatment approaches including Bobath and Proprioceptive Neuromuscular Facilitation. Brendon's particular interest is in developing treatment approaches for the neurological patient with pain and he is currently undertaking his PhD exploring contributions to, and neural processing of pain in stroke.

