

Explain Pain & Graded Motor Imagery

Interactive seminars with **Tim Cocks & David Butler** | Noosaville June 2018

DAY

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Explain Pain

Join the revolution...

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Graded Motor Imagery

Brain training for pain...

Date EP June 15-16 GMI June 17

Venue South Pacific Resort and Spa Noosa
179 Weyba Road, Sunshine Coast

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

Cost per person [INC GST]

Full 3 days \$1125 | Day 1+2 \$850 | Day 3 \$425*

*One-day GMI courses require the prerequisite of having attended an Explain Pain course within two years prior.



Explain Pain course includes workbook, catering and one copy of the *Explain Pain Handbook: Protectometer* valued at \$33.00 [INC]



Graded Motor Imagery course includes workbook, catering and one *NOI Mirror Box* valued at \$55.00 [INC]



Tim Cocks NOI Lead Instructor Australasia

An educator with a warm, philosophical style, 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 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.

In a world experiencing an epidemic of chronic pain and increasing evidence of the failure of synthetic drugs; simple but extremely powerful educational tools can effectively target the natural pain treatment systems within us all.

In the new series of Explain Pain courses delivered by David Butler and the NOI teams around the world, cutting edge pain sciences are made accessible and understandable for all.

The sciences are turned into metaphor and descriptive narratives, all on a framework of conceptual change science and the philosophy of emergence. Explaining pain is a two way process – the pain patterns, metaphors and stories from the patient's viewpoint need reasoned analysis and are critical to meeting sufferers at their story. We know more about pain in the last ten years than in the thousand years before and it's all increasingly providing answers to 'why do I hurt the way I do' and 'what can I do about it'. The knowledge is applicable to the young and the old, from back pain to hemiplegia, general aching to the complexities of phantom pain and complex regional pain syndrome.

Don't miss this unique opportunity. NOI Explain Pain courses are fun, intellectually stimulating, based on evidence, always challenging, and with the introduction of the new *Protectometer*, you will come away with the most impressive therapeutic tool set ever.

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

The Graded Motor Imagery course provides the most up to date basic sciences, clinical trials, and clinical use of the programme. GMI provides effective treatment for previously difficult to treat neuropathic pain states.

The term 'graded motor imagery' broadly means that in rehabilitation the focus is placed on synaptic exercise and health and is delivered in a graded fashion. The exercising of synapses assumes that the brain is changeable and easily adaptable and gives hope to people with difficult pain states. It involves the use of computers, flashcards, imagined movements and mirror visual feedback.

Evidence for the use of GMI comes from basic sciences (neuroscience) and clinical trials. It can offer substantial improvements in pain and disability in complex regional pain syndrome and phantom limb pain and anecdotally, the GMI programme, or parts of it may offer improvements in a range of chronic pain states such as brachial plexus lesions and osteoarthritis.

The course is series of lectures, practical sessions and clinical applications. In order to maximise your learning it is recommended you bring to the course a laptop, iPad or Android device with internet connection (or check your course venue has public internet connection available).

Open to health professionals involved in pain and stress management.

Please note: 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.



To register or for further information

Limited places. Confirmation of your place sent following payment.

Options to register your interest:

- Lodge formal enquiry noigroup.com/courses
- Contact Fran Ammirato fran@noigroup.com / (08) 8211 6388
- Submit the registration form overleaf

