

# Explain Pain & Graded Motor Imagery

EP with Tim Cocks & David Butler | GMI with Tim Cocks | Parramatta Oct 2018

DAY

1

Explain Pain

*Join the revolution...*

2

3

Graded Motor Imagery

*Brain training for pain...*

**Date** EP October 5 - 6 GMI October 7

**Venue** Rydges Hotel, Parramatta.  
116 James Ruse Drive, Rosehill NSW 2142

**Host** Fran Ammirato [fran@noigroup.com](mailto: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 [noijam.com](http://noijam.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](http://noigroup.com/courses)
- Contact Fran Ammirato [fran@noigroup.com](mailto:fran@noigroup.com) / (08) 8211 6388
- Submit the registration form overleaf

## course registration form - registrations close Sept 21

Explain Pain + Graded Motor Imagery | Parramatta | 5 - 7 October 2018 | Cocks & Butler

Tick your selected course option, email/send your completed form to the course host:

**Fran Ammirato / noi@noigroup.com / F 08 8211 8909 / T 08 8211 6388**

Please note the NOI office is open Tuesday to Friday.

✓  
**Selection**

Please indicate your course selection, complete the form below and follow instructions for payment.

3 days EP + GMI – \$1125    Day 1+2 EP only – \$850    \*Day 3 GMI only – \$425

*Cost includes GST, catering and workbook and one applicable NOI product.*

*\*Please note: GMI is usually a two-day course, however, when taken directly following an Explain Pain (or having done an EP course within two years) the course the material can be covered in the shorter time frame. If only taking the GMI course please indicate previous NOI course/s here:*

\_\_\_\_\_

**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 \$
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Name on card \_\_\_\_\_

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

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

How did you hear about this course?

- Facebook
- Twitter
- NOIjam
- Colleague
- Other

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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

**Terms and conditions**

- Registrant cancellation:
  - > More than 21 days prior to the course – NOI will refund the course fee less a \$50.00 admin fee.
  - > Eight to 20 days prior to the start of the course – NOI will refund 50% of your course fee.
  - > Within seven 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 their own registration form with contact and dietary 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 secured once payment has been successfully processed.