

Explain Pain & Graded Motor Imagery

Auckland | 15-17 March 2019 | Tim Cocks & Ben Boyd

DAY

1

Explain Pain

Join the revolution...

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3

Graded Motor Imagery

Brain training for pain...

Date: EP March 15 - 16 GMI March 17

Venue: The Spencer on Byron Hotel,
Takapuna Beach, Auckland

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

Cost per person: [INC GST, catering and workbook]

EP & GMI: AUD \$1125

2-day EP: AUD \$850

1-day GMI: AUD \$425

Register: complete the form attached to this flyer and return it via email. Places are strictly limited and confirmation of your place will be sent following payment. For further information contact the host.



Tim Cocks NOI Lead Instructor Australasia

An educator with a warm, philosophical style, Tim teaches the Explain Pain and Graded Motor Imagery 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.

Ben Boyd PT, DPTSc, OCS

Benjamin Boyd is an Associate Professor at Samuel Merritt University in Oakland, California, where he primarily teaches in the Musculoskeletal Patient/Client Management and Capstone course series. He has been teaching courses on peripheral nervous system anatomy, biomechanics, clinical evaluation and intervention since 2004 and has been teaching with NOI in the US, UK and Europe since 2013.

You can help overcome the most burdensome non-fatal health condition facing our species - pain.

Pain costs our community more than heart disease, cancer and diabetes combined, but it is largely a hidden problem with very little awareness or attention. While the dollar costs are measured in the hundreds of billions, the real cost – the human cost – is immeasurable

The essence of Explain Pain is the notion that when people understand pain they hurt less, and there is now ample, reliable and repeated evidence supporting this. Teaching people about the biology of pain has become a well accepted strategy, but in order to do it well you need broad and deep knowledge, combined with the skills to tailor and deliver effective educational interventions. NOI's Explain Pain and Graded Motor Imagery courses provide the very latest in pain science education and pain treatment.

Day 1 of the Explain Pain course provides the pain biology foundation, including:

- the vital difference between nociception and pain
- identifying patterns suggestive of different sources of nociception
- recognising peripheral nerve and neuropathic contributions to pain states
- understanding the powerful neuroimmune and neuroendocrine outputs and their links to pain
- how pain biology and a biopsychosocial approach comes together in The Protectometer

Day 2 takes you through the 'how to' of Explaining Pain with sessions and workshops on:

- understanding the evidence base for Explain Pain
- developing a curriculum tailored to a group or individual to ensure that your educational intervention is effective, measurable and repeatable
- how to carefully listen for and use metaphor and other language patterns to help you enter the patient's story, while making your education memorable.

The 1 day Graded Motor Imagery course covers:

- the science underpinning the three stages of GMI
- how to confidently use Left/Right Discrimination, Imagined Movements and Mirror Box Therapy in the clinic
- the vital clinical reasoning necessary to apply GMI to any complex pain state

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

