

## Explain Pain & Graded Motor Imagery

Sydney | 23-25 August 2019 | Tim Cocks

DAY

1

Explain Pain

*Join the revolution...*

2

3

Graded Motor Imagery

*Brain training for pain...*

**Date:** EP August 23 - 24 GMI August 25

**Venue:** Rydges, 54 McLaren Street,  
North Sydney NSW 2060

**Enquiries:** Fran Ammirato  
Event Coordinator and host  
fran@noigroup.com  
Telephone (08) 8211 6388

### Cost per person

**EP & GMI** AUD \$1125

**EP 2 day** AUD \$850

**GMI 1 day** AUD \$425

Cost includes GST, workbook and catering.  
Student discounts are not eligible.

### To register:

Complete and save this form, email  
to noi@noigroup.com

Confirmation of your place will  
be sent to your email following  
payment. Places are strictly limited.



**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.

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.

## course registration form one form per registrant

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Please fill out form, save and email to noi@noigroup.com / T 08 8211 6388

✓  
Selection

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

EP + GMI – \$1125       EP 2 day only – \$850       GMI only\* – \$425

*Cost includes GST, catering and workbook.*

*\*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 noi@noigroup.com

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

**Terms and conditions**

- Registrant cancellation:
  - > Up to 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.