

Day 1

Session 1 **Welcome and introductions**
My conflicts, my team, my objectives
Your objectives
A footballer case study story

Session 2 **Education for learning - squeezing everything we can out of everything we can**
Predictive processing, priors, errors, and models
Associative learning
Long-term potentiation
Strategies to optimise learning - *TIE* it up with *Tactics, Insight* and *Energy*

Session 3 **Pain protects us and promotes healing**
Level 1 Protection and the *Three Musketeers*
Level 2 Protection, feelings, and the zone of uncertainty
Outputs as actions

Session 4 **Presentation from *Tasha Stanton***
Recent updates in our understanding of osteoarthritis
Key misconceptions in people with OA and why these matter
Bioplasticity in OA in both peripheral and central systems

Session 5 **Tasha Stanton and Lorimer Moseley take a deep dive into Tasha's work**
Bioplasticity, treatment implications of this new knowledge and how we can promote engagement with learning in people experiencing OA

Session 6 **Ask Us Anything**
Questions from the audience for Lorimer and Tasha on anything from across the day

Day 2

- Session 1 **Multiple factors influence pain**
Neurotags
Past experiences and our current environment
People of influence
Skills, knowledge, and general health
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- Session 2 **Persisting pain overprotects us and prevents recovery**
Learning and increased protection
Nociplastic pain
Clinical assessment considerations
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| Session 3 | Broadcast 1
Lorimer Moseley in discussion with
Brendan Mouatt
Exercise physiologists and the Pain
Revolution | Broadcast 2
Lorimer Moseley in discussion with
Carolyn Berryman
How does the brain process sensory
input in fibromyalgia? |
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- Session 4 **Linking persistent pain to learning**
Generative models, their precision and weighting
Conditioned cues and generalisation
How has pain changed?
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- Session 5 **Presentation from *Mark Hutchinson***
What does it mean for 'pain neuroscience' if we now consider the brain an
immune-competent organ?
How can the brain and body communicate via an immune language, and why is
this important for persistent pain?
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- Session 6 **Mark Hutchinson and Lorimer Moseley take a deep dive into Mark's work**
Why is appreciating non-linear biology important when we start to unpack
persistent pain and brain immunology? What does it mean at a cellular and
molecular level for pain to be experienced in 4D?
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- Session 7 **Ask Us Anything**
Questions from the audience for Lorimer and Mark on anything from across the
day

Day 3

Session 1 **Persistent pain and immune function**
The AMP gang
Priming
More on The Three Musketeers

Session 2 **Multiple strategies to reduce pain and promote recovery**
First stop: skills and knowledge
Target concept development
Training the body and brain
Movement and loading, inflammation
Learning to learn

Session 3	Broadcast 1	Broadcast 2
	Lorimer Moseley in discussion with Felicity Braithwaite	Lorimer Moseley in discussion with Dave Moen
	What can magicians teach clinicians?	Untangling pain with inquiry

Session 4 **The tools we use**
The Protectometer, DIMs and SIMs
Structure for pain education
Consumer cornerstone concepts
The amplifier

Session 5 **Presentation from David Butler**
The forgotten branch of educational psychology
Changing beliefs can be tough

Session 6 **David Butler and Lorimer Moseley take a deep dive into pain education**
Taking on the *learn to learn before you learn revolution*

Session 7 **Ask Us Anything**
Questions from the audience for Lorimer and David on anything from across the day