

# Behavioral Treatment of Chronic Pain: Evidence-Based Techniques to Move People from Hurt to Hope

Featuring Eric K. Willmarth, PhD

## LIVE VIDEO WEBCAST - Friday, October 2, 2020 -

### Webcast Information

**8:00am** Program begins  
**11:50am-1:00pm** Lunch break  
**4:00pm** Program ends

**Host:** Kenneth Young Center

**Register by:** 9/18/2020

**Contact to register:** Laura Angel (847) 524-8800 x256 or  
via email at [LauraA@kennethyoung.org](mailto:LauraA@kennethyoung.org)

Free for all KYC staff; \$100/pp for non-KYC staff

Attend this interactive and cutting-edge training and learn creative tools and techniques to transform your practice. Learn powerful mindfulness interventions and motivational interviewing techniques to move your clients towards behavior change. Master the four pain-changing CBT tools. You will leave with the skills and confidence to provide practical and life-changing help to help people move out of chronic pain and into active, healthy and meaningful lives.

### Objectives

1. Describe how the emotional aspect of clients' pain can be more problematic than the physical aspect.
2. Specify the differences in risks of opioid medications use in men, women and the elderly and the related treatment implications.
3. Assess the psychological, physical, social and behavioral factors that contribute to chronic pain and articulate their treatment implications.
4. Implement motivational interviewing techniques to motivate clients towards behavior change that reduce the symptoms of chronic pain.
5. Summarize the CDC recommendations for the treatment of chronic pain and communicate how that impacts clinical treatment.
6. Utilize mindfulness-based strategies to decrease symptoms of chronic pain in clients.

### Speaker *Eric K. Willmarth, PhD*

is a licensed clinical psychologist who has been affiliated with Michigan Pain Consultants for the past 30 years. He is the founder and president of Michigan Behavioral Consultants, a psychology and social work practice with 13 offices dedicated to meeting the needs of individuals with chronic pain or other chronic medical conditions. He is a Fellow of the American Academy of Pain Management and past president of the American Society for Clinical Hypnosis, the Society for Clinical and Experimental Hypnosis and the Midwest Society for Biofeedback and Behavioral Medicine. Dr. Willmarth is the assistant director of Saybrook University's Department of Applied Psychophysiology in the College of Integrative Medicine and Health Sciences where he also serves as coordinator of training and coordinator for the specialization in integrative mental health.

#### Speaker Disclosures:

**Financial:** Eric Willmarth is the director of Integrative Mental Health at Saybrook University. He receives a speaking honorarium from PESI, Inc.

**Non-financial:** Eric Willmarth is a member of the Society for Clinical and Experimental Hypnosis; American Society of Clinical Hypnosis; and Michigan Society of Clinical Hypnosis.

# Program Outline

<b>Pain</b> Acute vs. chronic pain Emotional aspect of pain More problematic than physical aspect Anxiety, fear, catastrophizing ACE (Adverse Childhood Experiences) Study and link to pain Chronic pain onset: Physical & emotional Pain vs. suffering Impact of pain Prevalence Societal costs Chronic pain cycle Psychological Physical Factors that impact pain Physical, thought, emotions, behaviors Social interactions Suicidality and chronic pain	Not effective pain relief Medication assisted treatment Methadone Buprenorphine (Suboxone) Naltrexone injection (Vivitrol) Risks Men, women, elderly	Importance of therapeutic relationship Mindfulness Powerful evidence-based interventions Motivational interviewing Proven techniques to move toward behavior change Goal-setting SMART goals Matching goals with client values CBT tools Automatic negative thoughts Thought distortions ABC worksheet Decatastrophizing Additional behavioral treatment tools Breathing Imagery Pleasant activities Progressive muscle relaxation Anger management Time-based pacing Stress management Sleep hygiene Research limitations and risks of psychotherapeutic approaches
<b>Opioids</b> Scope of the problem The "painkiller" myth	<b>Assessment</b> Pain experience factors Psychological Behavioral Social Physical 5 E's of pain interview Self-report measures Impact of pain	
	<b>Treatment</b> Treatment options Medication Invasive Non-invasive CDC guidelines Behavioral treatment first	

**Target Audience:** Social Workers • Psychologists • Counselors • Addiction Counselors • Occupational Therapists • Psychotherapists  
Marriage and Family Therapists • Case Managers • Physical Therapists • Physical Therapist Assistants • Nurses  
Nurse Practitioners • Other Helping Professionals

## Continuing Education Credits

**Illinois Counselors:** CE credit is available. This course consists of 6.0 continuing education clock hours for Illinois Counselors. The Illinois Division of Professional Regulation, Administrative Code Section 1375.220(c), confirms acceptance of continuing education programs relevant to counseling that are provided by a Social Work Continuing Education Sponsor approved by the Division. PESI, Inc is an approved provider with the State of Illinois, Department of Financial and Professional Regulation, Division of Professional Regulation. License #: 159-000154. Full attendance at this course qualifies for 6.0 contact hours.

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**Pharmacology Nurse Practitioners:** This program offers 120 instructional minutes of pharmacology content which is designed to qualify for 2.0 contact hours toward your pharmacology requirement to receive credit. It is your responsibility to submit your certificate of successful completion and a copy of the seminar brochure to your licensing board.

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**Illinois Social Workers:** PESI, Inc is an approved provider with the State of Illinois, Department of Financial and Professional Regulation, Division of Professional Regulation. License #: 159-000154. Full attendance at this course qualifies for 6.0 contact hours.

**Other Professions:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.