

# Regaining Control of Persistent Pain

## STRATEGIES FOR PSYCHOLOGISTS AND THEIR PATIENTS

Monday 27<sup>th</sup> February, 2017

9:00am - 4:30pm

Treacy Centre, Parkville

Persistent pain is a common and frequently complex problem encountered by all health care clinicians. As psychologists working in the field of pain management we see patients with pain that have failed to respond to even the most sophisticated treatments. Patients are often at “the end of the line” regarding medical treatment and our role is to provide explanations, hope, strategies for change, and ultimately encouragement to adopt a new life perspective.

***This is a tall order for both patient and practitioner!***

This workshop focuses on the unique role psychologists have to play in the treatment of clients with persistent (chronic) pain.

While many psychologists work within teams, others work independently and encounter challenges associated with delivering best practice treatment and accessing multidisciplinary support.

This workshop will be particularly useful for psychologists working either in pain services or in private practice, Private and Public Hospitals.

### Presenters:



***Dr Emma Gollings***  
***Clinical Health***  
***Psychologist***



***Dr Philippa Frances***  
***Clinical Psychologist***

### We will:

- Provide practical strategies and skills to radically enhance your treatment approach, confidence and satisfaction when working with this client group
- Provide an evidence-based explanation in a neuroplastic framework for why some people continue to experience persistent pain, and provide guidance about useful therapeutic approaches.
- Emphasise the importance of liaison and collaboration with other health practitioners and discuss means of achieving this.
- Assist you to clarify situations when it is appropriate to refer to more specialised services.
- Discuss the requirements of working within compensation and Medicare systems and equip you with effective interventions concordant with these requirements.
- Present a case study and guide you through practical evidence-based strategies, emphasising individual client needs.
- Provide an up to date set of resources that will be appropriate for both clinician and client.

### Workshop cost (fully catered):

\$350 (Regular), \$300 (Early Bird Date 27/12/16)

To register or for more information, contact  
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for clinical & health psychology