

## Topics to be covered

- How neural pathways can cause physical symptoms.
- How emotions can create and activate learned nerve pathways.
- Explaining the neurological basis of mind-body disorders.
- Determining which disorders are typically mind-body disorders.
- When to obtain medical evaluations for clients with possible mind-body disorders.
- How to structure an assessment to determine the underlying psychological mechanisms of mind-body disorders.
- How to elicit the emotional content that triggers mind-body disorders.
- Overcoming barriers clients face in accepting the mind-body diagnosis.
- Learn techniques to assist clients in reframing the meaning of their symptoms.
- Provide concrete techniques on breaking patterns of reinforcement with regard to symptoms.
- The theory and process of Emotional Awareness and Expression Therapy.
- Expressive writing techniques.
- Dealing with negative self-talk and anxiety by attending to the underlying emotional states.
- How to use visualizations and meditations to help clients invest in treating themselves more compassionately.
- Integrating Unlearn Your Pain approaches into a clinical practice.

## Speakers

### Howard Schubiner, MD

Director, Mind Body Medicine Program  
Providence-Providence Park Hospital  
Clinical Professor  
Michigan State University, East Lansing, MI.

### Alan Gordon, LCSW

Director, Pain Psychology Center  
Adjunct Assistant Professor  
University of Southern California School of Social Work  
Los Angeles, CA

### Mark Lumley, PhD

Distinguished Professor and Director of Clinical Training  
Department of Psychology  
Wayne State University  
Detroit, MI

## Program Planning Committee

### Howard Schubiner, MD

Director, Mind Body Medicine Program  
Providence-Providence Park Hospital

### Ann DePetris, MSA, BSN, RN, CCRP

Educator, Nursing Education  
Providence-Providence Park Hospital

### Mark Lumley, PhD

Distinguished Professor and Director of Clinical Training  
Department of Psychology  
Wayne State University

Coming together to give healthcare  
a better name. We are Ascension.



ST. JOHN PROVIDENCE HEALTH CONNECT  
18000 W. Nine Mile Rd., Suite 1400  
Southfield, MI 48075



St. John Providence presents  
*Beyond Pain Management:  
Treating the Intersection of Pain and  
Unresolved Emotional Experiences*

May 4 - 5, 2018  
9 a.m. - 5 p.m. each day

Providence-Providence Park Hospital  
Southfield Campus, Fisher Auditorium



## Registration Information

The cost for the conference is  
**\$275 per registrant**  
**\$225 for SJP clinicians**

*(Includes a copy of Unlearn Your Pain, third edition, 2016,  
by Dr. Howard Schubiner)*

**Preregistration is requested by April 14, 2018**

*After that date, cost increases to \$300 per registrant;  
\$250 for SJP clinicians.*

**Sign up today by calling  
1-866-501-DOCS (3627), option #3.  
or  
complete the form below and mail to the  
address indicated.**

Name \_\_\_\_\_

E-mail \_\_\_\_\_

Phone number \_\_\_\_\_

I am a(n)  Physician  RN/NP  Other \_\_\_\_\_

Social Worker  Psychologist \_\_\_\_\_ credentials

SJP Associate  MAPP Member

**Checks and credit cards are accepted.**

Credit Card Type:        

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**Please make checks out to:  
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St. John Providence Health Connect  
18000 W. Nine Mile Rd., Ste. 1400  
Southfield, MI 48075**

## Beyond Pain Management: Treating the Intersection of Pain and Unresolved Emotional Experiences

May 4 - 5, 2018 • 9 a.m. - 5 p.m. each day

### Program Overview

This two-day workshop brings together cutting-edge research and advanced clinical interventions to train participants in an emerging model of care. Clients and patients often present with chronic symptoms for which there is no clear medical explanation, including pain, anxiety, depression, fatigue, and insomnia. High rates of lifetime trauma and unresolved emotional experiences often underlie these conditions. New research and clinical practices have been shown to be effective for these individuals. This basic training offers the clinician the opportunity to gain knowledge and learn skills that will be immediately applicable to their practices.

### Program Objectives

1. Summarize key research and clinical concepts that underlie the Unlearn Your Pain approach.
2. Identify patients who have disorders that are likely to benefit from the Unlearn Your Pain approach.
3. Understand the components of the Unlearn Your Pain approach and learn how to integrate them into a clinical practice.
4. Practice using these clinical components to gain experience and confidence.
5. Understand the limitations and clinical caveats to this approach.

### Target Audience

Attendees include physicians, physician assistants, nurses, nurse practitioners, physical therapists, psychiatrists, psychologists, social workers, licensed professional counselors, mental health clinicians, substance abuse specialists, medical students, and others who provide services for people experiencing chronic pain.

### Accreditation Statement

Providence-Providence Park Hospital is accredited by the Michigan State Medical Society to provide continuing medical education for physicians.

### AMA Credit Designation Statement:

The Providence-Providence Park Hospital designates this live activity for a maximum of 11 credits AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Osteopathic Physicians: AMA PRA Category 1 Credits<sup>™</sup> are acceptable towards Category 2-A Credit.

Wayne State University's Department of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Wayne State University's Department of Psychology maintains responsibility for this program and its content.

Conference approved for 11 Social Work Pain & Pain Symptom Management Continuing Education hours by the Michigan Social Work Continuing Education Collaborative Provider # MICEC0049.

### Disclosure

*Consistent with the ACCME Standards of Commercial Support, speakers for the conference are expected to disclose to you at the beginning of their presentation(s) whether they have any economic or other personal interests that create, or may be perceived as creating, a conflict related to the material discussed. This policy is intended to make you aware of speakers' interests, so you may form your own judgments about such material.*

### Accommodations

#### The Weston Southfield Detroit

1500 Town Ctr.,  
Southfield, MI 48075  
248-827-4000

#### Southfield Marriott Courtyard

27027 Northwestern Hwy.  
Southfield, MI 48033  
248-358-1222

### Conference Location

#### Providence-Providence Park Hospital, Southfield Campus, Fisher Auditorium

16001 W. Nine Mile Road  
Southfield, MI 48075



**Attendance limited to 100 people.**

Credits requested: CME category I, MSW CEU credits, Psychology CE credits