

Speakers

Howard Schubiner, MD

Director, Mind Body Medicine Program
Ascension Providence Hospital
Clinical Professor
Michigan State University, East Lansing

Alan Gordon, LCSW

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

Mark Lumley, PhD

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

Christie Uipi, MSW

Pain Psychology Center
Los Angeles

Program Planning Committee

Howard Schubiner, MD
Alan Gordon, LCSW
Mark Lumley, PhD
Christie Uipi, MSW

Accommodations

The Weston Southfield Detroit

1500 Town Center
Southfield, MI 48075
248-827-4000

Southfield Marriott Courtyard

27027 Northwestern Highway
Southfield, MI 48033
248-358-1222



Ascension Medical Group

Conference location

Ascension Providence Hospital
Southfield Campus, Fisher Auditorium
16001 W. Nine Mile Road
Southfield, MI 48075


Ascension
Providence Hospital

ATTN: Simulation Education Center
16001 W. Nine Mile Road
Southfield, MI 48075

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Beyond Pain Management

Treating the Intersection of Pain and
Unresolved Emotional Experiences

May 31 - June 1

**Ascension Providence Hospital
Southfield Campus, Fisher Auditorium**



**Ascension
Providence Hospital**

Registration information

Conference cost

\$275 per registrant | \$225 for Ascension clinicians

(Includes a copy of Hidden From View, by Drs. Allan Abbass and Howard Schubiner)

Preregistration is requested by Friday, May 10

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

Sign up today

To sign up, complete the form below and mail to the address indicated, or register online at healthcare.ascension.org/events (search for "Beyond Pain Management").

Name _____

E-mail _____

Phone number _____

I am a(n) RN/NP physical therapist
 physician psychologist Ascension associate
 social worker other (credentials) _____

Checks and credit cards are accepted.

Credit card type:    

Credit card number: _____

Expiration date: _____

CID code: ___ ___ ___ AMEX security code: ___ ___ ___ ___

Signature: _____

Please make checks out to:

Ascension Providence Hospital Medical Education

Mail this form (and check if appropriate) to:

Ascension Providence Hospital
ATTN: Simulation Education Center
16001 W. Nine Mile Road
Southfield, MI 48075

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

Conference details

Dates: **Friday, May 31 - Saturday, June 1**
(Attendance is limited to 100 people)

Times: **May 31:** 8:30 a.m.-4:30 p.m. (Registration at 8 a.m.)
June 1: 9 a.m.-4 p.m.

Location: **Ascension Providence Hospital**
Southfield Campus — Fisher Auditorium

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

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

AMA credit designation statement

Ascension Providence Hospital designates this live activity for a maximum of 12 credits AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Osteopathic physicians: AMA PRA Category 1 Credits[™] are acceptable towards Category 2-A Credit.

Continuing education: 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 12 Social Work Pain and Pain Symptom Management Continuing Education hours by the Michigan Social Work Continuing Education Collaborative Provider # MICEC0049.

This course is approved for 12 CEUs for Michigan Physical Therapists and PT Assistants.

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

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.

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.