Beyond Pain Management
Treating the Intersection of Pain and Unresolved Emotional Experiences
May 31 - June 1
Ascension Providence Hospital
Southfield Campus, Fisher Auditorium

Speakers

Howard Schubiner, MD
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Adjunct Assistant Professor
University of Southern California School of Social Work
Los Angeles

Mark Lumley, PhD
Distinguished Professor and Director of Clinical Training
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Christie Uipi, MSW
Pain Psychology Center
Los Angeles

Program Planning Committee
Howard Schubiner, MD
Alan Gordon, LCSW
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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
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 # MICECC049.

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

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 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.