Psychologically Informed Physical Therapy

Full Day Workshop

STEVEN Z. GEORGE PT, PhD, FAPTA

CAROL GRECO, PhD

Saturday November 11th, 2017
8am to 5pm
540 South College Ave
Suite 160
University of Delaware
Newark, DE

Interested in Hearing About Future UDPT Seminars? Sign up at www.udel.edu/ptseminars
PRE COURSE REQUIREMENT

After registering for the course you will receive an email for pre course videos to watch. Allot 3.5 hours of time to be spent reviewing the information provided BEFORE attending the course.

COURSE OVERVIEW

The biopsychosocial model is currently a paradigm from which all health care professionals are expected to manage patients with musculoskeletal conditions. In such a model, physical therapists are expected to recognize pain associated psychosocial distress and to modify their treatment approach accordingly. However, a gap exists between learning how to identify pain-associated psychosocial distress in patients, and applying modified treatment required to effectively manage these patients by decreasing the chance they will experience continued disability from musculoskeletal pain.

Participants will gain skills needed for this biopsychosocial approach through:

- Review of a screening tool used to identify pain associated psychosocial distress
- Training in the principles of cognitive behavioral therapy (CBT)
- Introduction to a psychologically informed intervention approach.

COURSE GOALS

- Summarize relationships between pain neuroscience, pain models, and the development and maintenance of chronic LBP
- Implement psychologically informed physical therapy practice principles for patients with LBP
- Identify patients at high risk for transitioning from acute to chronic LBP
- Apply targeted treatment for patients at high risk for transitioning from acute to chronic LBP

COURSE INSTRUCTOR BIOS

Steven Z. George PT, PhD, FAPTA is the Director of Musculoskeletal Research and the Vice Chair of Clinical Research of Orthopaedic Surgery at the Duke Clinical Research Institute. His research projects have been supported by the National Institutes of Health, Department of Defense, Patient Centered Outcomes Research, Brooks Rehabilitation, Ortho Section of the APTA, University of Florida and the Foundation for Physical Therapy. Dr. George and his collaborators have authored over 190 peer-reviewed publications in leading physical therapy, rehabilitation and pain research journals. He is a contributing editor for Physical Therapy and Editorial Board Member for the Journal of Pain. He is also a member of the Advisory Council for the National Center for Complimentary and Integrative Health. He has received many awards for his research and was chosen as the 21st John H.P. Maley Lecturer entitled “Pain Management: Road to Revolution” in which he outlined priorities for improving management of musculoskeletal pain conditions by physical therapists. Dr. George’s long term goals are to 1) Improve accuracy for predicting who is going to develop chronic pain 2) Identify non-pharmacological treatment options that limit the development of chronic pain conditions; 3) Develop and test psychologically informed treatments for musculoskeletal pain that can be delivered by non-psychologist providers.

Carol M. Greco PhD is an Associate Professor in the Department of Psychiatry at the University of Pittsburgh School of Medicine. She is a licensed psychologist and researcher specializing in pain and chronic illness, and has over 20 years of clinical, teaching, and research experience with cognitive-behavioral therapy (CBT), mindfulness meditation, and related approaches. Dr. Greco worked for approximately 10 years with two internationally known leaders in the field of CBT and biopsychosocial interventions for pain, Drs. Dennis Turk and Thomas E. Rudy. Dr. Greco has developed and tested CBT and integrative medicine interventions for persons with chronic back pain, systemic lupus erythematosus, and temporomandibular disorders. She has been principal investigator on three large NIH-funded projects and a PCORI methodology study. Her areas of research include randomized controlled trials of mind-body interventions for persons with chronic pain and chronic illness, evaluating associations of psychosocial factors with chronic pain and disability. Dr. Greco’s research programs also include patient-reported assessments of healing factors in treatment such as the patient-provider connection, positive outlooks, and treatment expectations. Dr. Greco is a co-Investigator on the TARGET trial, a PCORI-funded, pragmatic trial that aims to reduce progression from acute to chronic back pain in those who have significant psychosocial risk factors. She serves on the TARGET intervention team, and trains physical therapists to use cognitive-behavioral pain.

CANCELLATION and REFUND POLICY

The University of Delaware reserves the right to cancel or postpone any course due to any unforeseen circumstances. In the event of a cancellation or postponement, The University of Delaware will refund any registration fees, but is not responsible for any related costs, charges, or expenses to participants, including cancellation charges assessed by airlines/travel agencies.
This course consists of two components:

1. Online educational modules that are to be reviewed PRIOR to the course. These will be emailed to you.
   - We require that all workshop participants view the online education modules prior to attending the live 1-day workshop. You must first register for the course and then you will be given access to the 12 online modules.

2. A Live workshop that describes a psychologically informed intervention program that offers
   - A condensed and focused summary of CBT principles with basic training for specific communication and pain coping skills
   - Examples of key activity modification approaches

The main components of the course include theory, clinical application, and strategies to increase adherence. Participant feedback will be used to highlight the strengths and limitations of this course, allowing for modification for dissemination to future physical therapy audiences.

Schedule for the Live Workshop

- The live workshop will run from 8am until 5pm
- The course will be a mix of didactic education and group lab participation to incorporate the concepts discussed in the lecture
- It will be encouraged that the audience are actively participating throughout the live workshop in order to gain the most from the information being presented.

Pre Workshop Lectures: 3.5 hrs

Workshop: 7.5 hours

Total Contact Hours = 11 hours

DISCLAIMER

None

***If you have any questions please contact Anthony Carroll at #302-831-8893 or email: anthonyc@udel.edu
Psychologically Informed Physical Therapy Practice

November 11th, 2017

Registration Deadline: October 30th, 2017 (Class size is limited (60 people) so register early. The course closes when full but a waiting list will be available)

Name: __________________________________________________________________________

Title/Degree (Open to PTs Only): __________________________________________________________________________

Clinic/Institute/Company: __________________________________________________________________________

Home Address: __________________________________________________________________________

City: __________________________ State: _________ ZIP: ______________

Phone: __________________________ Fax: __________________________

Email: __________________________________________________________________________

Course Registration Fee:

CIRCLE ONE: UD Clinical Education Partners: $150      Non Clinical Education Partners: $200

Registration will not be processed unless accompanied by full payment.

Faxed registrations will only be accepted for credit card payments.

Full reimbursement for cancellation before October 15th

Cancellation after Oct 15th and Oct 31st: 1/2 Reimbursed

Cancellation after Nov 1 will forfeit course fee, however replacement PT to take paid spot will be permitted.

I understand the cancellation refund policy and understand this course will contain live skill practice that I will perform and will be a subject for my colleagues.

______________________________

Method of Payment

______ Personal Check   ______ Institutional Check

(Please make check payable to The University of Delaware)

______ MasterCard   ______ American Express   ______ VISA   ______ Discover

Credit Card #: __________________________________________________________________________

Expiration Date: __________________________________________________________________________

Mail/e-mail/fax the completed registration form and payment to:

Anthony Carroll   540 S. College Ave Suite 160 Newark, DE 19713   Fax: 302-831-4468 or

Email: anthonyc@udel.edu