**A World of Hurt: Central Nervous System Pain Mechanisms Patient Education & Exercise Prescriptions**

AGENDA

**Day 1**

**8:00 Registration / Continental Breakfast**

8:15 Course Introduction – Musculoskeletal Pain Lessons - [*WoH: Forward xi]*

8:30 Lecture: Risk Assessment for Musculoskeletal Pain – Referral System

9:00 Lecture: Pain Mechanism Classification System (PMCS) – Definitions and Research [*WoH: pg 21-23*; *28-31]*

***9:45 Break***

10:00 Lecture: You Don’t Get Pain without a Brain

10:45 Lecture: Central Nervous System (CNS) Subgroups Subjective and Objective

Characteristics *[WoH: pg 222-223]*

11:15 Workshop: CNS Paper Cases Classification Exercise

**12:00 Lunch**

1:00 Words Workshop: Patient Pain Science Education [WoH: pg ix, 39-40, 82-83] introduce the Yellow Flag Risk Form *[WoH: pg 258]*, Documentation Guidelines and Goal Recommendationincluding Psychometric Testing / Scoring – FABQ *[WoH: pg 198-199]*, PASS *[WoH: pg 257]*, PHQ-9 *[WoH: pg 257]*

**3:00 Break**

3:15 Video/Paper Case Studies or Live Patient Demonstration: Central Sensitivity or Affective Pain Mechanism

5:15 Questions / Answers / Case Discussion

**5:30 Adjourn**

**Day 2**

**7:30 Continental Breakfast**

8:00 Lecture: Affective Pain Mechanism; [*WoH pg. 237 – 282]*

9:00 Lecture: Readiness for Treatment: What approach When? Motivational Interviewing (MI), Cognitive Behavioral Therapy (CBT), Acceptance Commitment Therapy (ACT); Readiness Questionnaire *[WoH: pg 44-49]*

***10:00 Break***

10:15 Work Shop: Set the Scene and Act the Part: Observe and actively participate in live demonstrations of role playing clinician and patient scenarios; how to use your words to motivate, direct treatment, and guide the patient to take the lead in their care.

***12:00 Lunch***

1:00 Lecture: CNS Mechanisms patient education and active care intervention *[WoH: pg 236; 206-218; 264-265, 269-271,276-277, 281; 335-339, 343]*

2:00 Lecture: CNS Sensory and Motor Evaluation Objective Tests *[WoH pg 328-335]*

**2:45 Break**

3:00 Workshop: CNS Motor & Sensory Evaluation Objective Tests Demonstration *[WoH pg 328-335]*

4:15 Summary of Pain Mechanisms – Lamp Analogy

4:30 Questions / Answers

***4:45 Adjourn***