



## ASSESSING PATIENTS WITH PERSISTING PAIN-IMPLEMENTING EXERCISE TREATMENT ACCORDING TO COGNITIVE BEHAVIOURAL PRINCIPLES

8 CEPS

Presenters:

**Dr John Booth (PhD, MDT) – Exercise Physiologist, Cred. McKenzie Therapist**  
**Ross Backen (BAppSc; B.A.(Hons) Psych) - Psychologist**

**Course Locations** Sydney

Persisting pain and disability often persist due to a complex relationship between physical and psychosocial factors. Implementing treatment according to cognitive behavioural principles increases the likelihood of successful rehabilitation outcomes. Whilst this is the recommended evidence-based approach for treating patients with persisting pain, it is often not applied in clinical practice.

This one-day course includes practical and theoretical components with the objective of developing the Exercise Physiologists:

- Understanding of the cycle of pain and disability
- Screening and assessing patients with persisting pain
- Prescribing exercise/activity and implementing treatment according to cognitive behavioural principles.

### Course Registration 8:30 – 9:00am

<b>Session 1 (9 am – 12pm)</b> Screening questionnaires for patients with persisting pain	<u>Learning initiatives:</u> - Understand the contributing factors to longer term pain and disability - Individualising screening questionnaires - Interpreting the results of screening questionnaires and individualising the treatment approach
<b>Session 2 (12.30-2.30)</b> Assessing patients with persisting pain	<u>Learning initiatives:</u> - Understanding the requirements for assessing patients with persisting pain - Functional assessment - Implementing treatment according to cognitive behavioural principles
<b>Session 3 (2.30-5pm)</b> Exercise prescription for patients with persisting pain	<u>Learning initiatives:</u> - Effective communication - Individualising exercise for patients with persisting pain - Developing competency with movement and functional exercise prescription for patients with persisting pain

**To enrol**, please complete course registration form, indicate course location and payment method and fax to 02 42- 292026 or email [frontdesk@rehwork.com.au](mailto:frontdesk@rehwork.com.au). Ph 02- 42292012

Registration information also available at [www.rehwork.com.au](http://www.rehwork.com.au)

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EXERCISE TREATMENT ACCORDING TO COGNITIVE BEHAVIOURAL PRINCIPLES**

Course Venue	Course Date	Closing Date	Tick Location
Sydney – UNSW Arcade Room, The Matthews Building UNSW – Kensington Campus (F23 on UNSW map), Enter gate 11 and park in Botany Street car park	Sat June 26 <sup>th</sup> 2010	Fri June 5 <sup>th</sup> 2010	

**COURSE REGISTRATION**

Name: \_\_\_\_\_ AAESS ID: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

<i>(Please tick)</i>			
<b>AAESS members</b>	<b>\$ 295 per participant</b>	<input type="checkbox"/>	<b>(includes catering)</b>
<b>Non AAESS members</b>	<b>\$ 310 per participant</b>	<input type="checkbox"/>	“ “
<b>Students (full-time) send copy of ID</b>	<b>\$ 260 per participant</b>	<input type="checkbox"/>	“ “

**NB: If you wish to register for a course please forward completed registration form asap, to secure your place. Payment however, can be made at any time up to and including course closing date.**

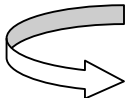
**Payment method** *(please circle)*:

Cheque      →

Send payment to: RehWork Rehabilitation & Consultancy P/L  
PO Box 173 Fairy Meadow NSW 2519

EFT      →

Please **enter your full name** to appear in our bank details  
BSB:            112-879  
Bank:           St George Bank  
Account:       003271172  
Account name: RehWork Rehabilitation & Consultancy P/L



**Please note payment must be received by course closing date.**