

MOTIVATIONAL INTERVIEWING & COGNITIVE BEHAVIOURAL THERAPY (CBT) FOR TREATING PAIN

PELVIC HEALTH SOLUTIONS

Objectives:

- Explore the value of high quality communication to establish strong therapeutic alliance
 - Review the literature on various aspects of communication to understand why it can play such a crucial role in clinical outcomes
- Learn the clinical pearls of Motivational Interviewing, Cognitive behavioural therapy and Acceptance and Commitment Therapy (ACT) In both the literature and as structured entities
 - Review how we define "success" in the clinic to ensure we are taking a patient centered approach
 - Practice integrating these communication approaches in a workshop style environment so as to improve clinical utilization

February 3-4, 2018

Calgary, AB

Early bird cost:

\$745 + GST

Standard cost:

\$795 + GST

Open to all health care professionals

Presenter: Dr Alison Sim trained as an osteopath in Australia and has completed a Masters degree in pain management. She has been speaking on the topic of pain science and the integration of this knowledge into clinical practice for several years. She is a firm believer that a good understanding of integrated pain science knowledge is powerful for both clinicians and patients, and that manual therapists are among the best placed practitioners to be implementing such approaches in the healthcare setting. She works in private practice in a chronic pain setting in Melbourne, Australia.

TO REGISTER, PLEASE EMAIL INFO@PELVICHEALTHSOLUTIONS.CA

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