

Booking Form

Course Title:

Making Sense of Pain- What's Psychology Got to Do with It?

Date:

Monday 26th January 2026

Venue:

Virtual Event via Microsoft Teams Webinar

Timings:

9:00am Registration / Login

9:30am Start

12:30pm Close

Course Fee: £250.00

This course offers 3 CPD points suitable for Psychologists, mental health professionals, healthcare professionals, therapists, anyone involved in the care of those with chronic pain conditions.

YOUR DETAILS

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

Title.....First Name.....

Surname.....Job Title.....

Speciality.....

Trust/Organisation.....

Work Telephone.....Mobile.....

Email.....

Dietary.....Other.....

Signature.....Date.....

BOOKING & PAYMENT OPTIONS

COURSE FEE: £250.00

ONLINE: Please visit www.andrewsimscentre.nhs.uk and pick the course you would like to attend to book and pay.

TELEPHONE: With debit or credit card 0113 855 5638

INVOICE: Please send a copy of Purchase Order with delegate details/Trust/PO Number to andrewsimscentre.lypft@nhs.net

LYPFT INTERNAL TRANSFER & STUDY LEAVE Please email andrewsimscentre.lypft@nhs.net with the following information:

Budget Holder Name & Email.....

Budget Code.....

Budget Holder Signature.....

Budget Transfer will occur in **JANUARY** 2026

ALL PAYMENTS MUST BE RECEIVED IN ADVANCE OF EVENT

RESERVATION & CANCELLATION POLICY

Cancellations must be received in writing at least two weeks prior to the course date to be entitled to a refund, which will be subject to a 20% administration fee. We regret that cancellations received after this date cannot be refunded, and refunds cannot be made for failure to attend the event. For further information on the conditions of booking, please [click here](#).

FURTHER INFORMATION

The Andrew Sims Centre is part of Leeds and York Partnership NHS Foundation Trust. Your personal information will be stored and processed by the ASC, Stripe and HMA according to the General Data Protection Law. If you would like further information about this please contact us. Your personal information will be used by the ASC to process your application to attend our events.

Booking Flyer

About this course

Led by Dr. Amber Johnston Clinical Psychologist, Neuropsychologist, and founder of Healthy Mind Psychology this talk explores pain through a psychological and neurophysiological lens to review old medical narratives around chronic pain conditions and how the field is changing. The role of multidisciplinary work is expanding, though clients often still have stigma about psychological services meaning their pain is “all in their head.”

This talk aims to help clinicians working with the population communicate the newest neuropsychological understanding of the complexity of chronic pain to provide a more effective, compassionate, and evidence-informed approach for this growing population. We will look at current NICE Guidelines for the treatment of chronic pain conditions, including guidance from the British Psychological Society and the International Association for the Study of Pain, as well as new theories building their research bases.

Course Objectives

After attending this course delegates will be able to...

- 1.Explain the traditional biomedical belief around pain and newer understanding of pain as a perception constructed by the brain
- 2.Appreciate different types of stress and inflammation factors and how each can impact whole body functioning, exacerbating pain experience
3. Understand how psychology services (and modalities beyond CBT) offer a valuable adjunct to a treatment team, including which areas of functioning are being targeted with different modalities within the pain experience

About our speaker

Dr. Amber Johnston is a Clinical Psychologist, Neuropsychologist, and founder of Healthy Mind Psychology—a practice dedicated to helping people make sense of complex symptoms, emotional distress, and the connection between mind and body. Since 2019, Amber and her team have provided integrative, science-informed care for individuals navigating stress-related illness, trauma, chronic pain, functional neurological symptoms, burnout, and neuropsychological challenges such as ADHD. Amber challenges the outdated idea that psychology is “just talking” or “only for mental illness.” Instead, she brings a progressive approach grounded in neuroscience, therapeutic wisdom, and whole-person wellbeing.