



AndrewSimsCentre
for professional development



Leeds and York Partnership
NHS Foundation Trust



Essentials **E**

Psychological Approaches to Chronic Pain

Tuesday 23rd May 2023

Virtual Event via Zoom

9.15am Registration/Login, 9.30am Welcome and 1.00pm Close

Chronic Pain is common and a leading cause of disability in the UK and abroad. Medical and surgical treatments are of limited value, and sometimes actively problematic (e.g. opioids). Psychological treatments are accepted as effective; mental health professionals have relevant skills in this area, and yet can alienate patients with the wrong approach.

The workshop will summarise key basic science on chronic pain, which poorly understood outside of pain specialty settings. We will look at the role of psychological approaches, the goal of treatment, and how to engage the patient. Examples of acceptance and values-based techniques will be demonstrated.

After attending this course delegates will be able to:

- Understand key points from 50 years of chronic pain research
- See how psychological techniques can be applied, how to frame the goals of treatment (and how not to)
- Reflect on how to work with colleagues in pain and community services

About our speaker:

Dr Jeremy Gauntlett-Gilbert is Principal Clinical Psychologist and Research Lead at the Bath Centre for Pain Services, a UK National Specialist referral centre for adults and children with chronic pain. He has nearly 20 years of experience in working with the country's most disabled patients with pain, and he has published >30 papers in this area.

Course Fees:

£105.00

All virtual learning materials included.

Reservations:

Please complete the reservation form and email

andrewsimscentre.lypft@nhs.net

If you are paying by debit or credit card, why not [BOOK ONLINE](#) and receive a £10 discount on the advertised price?

Study Methods and Accreditation:

Lectures, small group work, group discussions, question and answer sessions, case studies, case directed discussions etc. This course is eligible for **3** CPD hours subject to your peer group approval.

This conference is suitable for:

Mental health clinicians and psychological therapists who are not pain specialists.

www.andrewsimscentre.nhs.uk
andrewsimscentre.lypft@nhs.net
0113 85 55638





Andrew Sims Centre Reservation Form

Course Title: **Essentials: Psychological Approaches to Chronic Pain**
Date: **Tuesday 23rd May 2023**



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NHS Foundation Trust

YOUR DETAILS

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

Title First Name

Surname Job Title

Speciality

Trust / Organisation

Preferred Mailing Address

..... Postcode

Work Telephone Mobile

Email

Dietary Other

Signature Date

NEWSLETTER AND MARKETING

We want to stay in touch, to let you know about our future courses, discounts and ASC news. If you want to receive this information via our email Newsletter, sent every two weeks, please click [here](#).

COURSE FEES

One Place £105.00

BOOKING & PAYMENT OPTIONS

Please choose **ONE** of the following payment options (1 to 5)

- ONLINE:** www.andrewsimscentre.nhs.uk and RECEIVE £10 DISCOUNT with a credit or debit card
- TELEPHONE:** 0113 855 5638 with a credit or debit card
- BACS:** Account Number: 10003312 Sort Code: 60-70-80
Please use ref ASC230523-DELEGATENAME
- INVOICE:** Please send a copy of Purchase Order with delegate details to andrewsimscentre.lypft@nhs.net
Trust
- LYPFT Internal Transfer:**
Budget Holder Name

All Payment must be received in advance of event.

HOW TO BOOK

If you are paying by debit or credit card, please BOOK ONLINE, otherwise please complete the reservation form email it to andrewsimscentre.lypft@nhs.net. Please check individual courses for venue details.

PAYMENT METHODS

We prefer to receive payment by credit card. If you would like us to invoice your organisation, a copy of your Trust's or organisation's official purchase order must be enclosed with this booking. **Payment must be received before the course date.** If payment is not received by the day of the course, you will be asked to guarantee your place with a personal credit card on the day. Leeds and York Partnership NHS Foundation Trust staff must provide a budget code and budget holders authorisation.

ACCREDITATION

This course is eligible for 3 CPD hours subject to your peer group approval.

THE VENUE

This event will be conducted virtually via Zoom, please ensure that you have the software downloaded and a free account created prior to the day of this course. You can sign up to Zoom [here](#). More information regarding Zoom and how to join the course will be emailed 2 weeks prior to the event.

CONFIRMATION OF RESERVATIONS

All reservations will be confirmed immediately in writing. Further details including programme times and venue information, will be forwarded approximately 2 weeks prior to the event date. Please ensure you have provided an email address as all booking confirmations will take place by email.

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 (minimum £20). We regret that cancellations received after this date cannot be refunded, and refunds cannot be made for failure to attend the event. However, a substitute delegate will be welcomed in your place at any time.

FURTHER INFORMATION

The Andrew Sims Centre ("ASC") is part of Leeds and York Partnership NHS Foundation Trust ("LYPFT"). Your personal information will be stored and processed by the ASC, Stripe and HMA according to the General Data Protection Law ('GDPR'). 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.

If you would like to keep up to date with our events and activities, please tick

If you have booked with the ASC before and already receive our Newsletter and want to unsubscribe please tick here

If you would like your details to be made available to our third-party partners such as selected event co-partner organisations, or to companies sponsoring or exhibiting at our events, please tick

