

# Essentials: Psychological Approaches to Chronic Pain

**Date:**

Thursday 23rd November 2023

**Venue:**

Virtual Event via Zoom

**Timings:**

**9.15am** Login

**9.30am** Welcome

**1.00pm** Close

**Course Fee**

£150.00

**Accreditation**

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

**The Venue**

Virtual Event via Zoom

T: 0113 85 55638

E: andrewsimscentre.lypft@nhs.net

W: andrewsimscentre.nhs.uk

## About this course

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.

## Course Objectives

After attending this course you 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**, Principal Clinical Psychologist at Bath Centre for Pain Services, will summarise the key science on chronic pain, which is 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.

# Andrew Sims Centre Reservation Form

## BOOKING CONFIRMATION

All bookings will be confirmed in writing via email. Further details including programme times and venue information, will be sent approximately 2 weeks prior to the event date via email. 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. 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. For further information on the conditions of booking, please [click here](#).

## 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, by receiving our fortnightly e-newsletter, please tick [ ]

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**Course Title:** Essentials: Psychological Approaches to Chronic Pain

**Course Date:** Thursday 23rd November 2023

## Your Details

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

**Title:**.....

**First Name:**.....

**Surname:**.....

**Job Title:**.....

**Speciality:**.....

**Trust/Organisation:**.....

**Work Telephone:**..... **Mobile:**.....

**Email:**.....

**Dietary Requirements:**.....

**Other:**.....

**Signature:**..... **Date:**.....

## Payment Options

**COURSE FEE:** £150.00 [ ]

**ONLINE:** Please visit [www.andrewsimscentre.nhs.uk](http://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](mailto:andrewsimscentre.lypft@nhs.net)

**LYPFT INTERNAL TRANSFER & STUDY LEAVE** Please email [andrewsimscentre.lypft@nhs.net](mailto:andrewsimscentre.lypft@nhs.net) with the following information:

Budget Holder Name.....

Budget Holder Email.....

Budget Code.....

Budget Holder Signature.....

Budget Transfer will occur in **November** 2023