

FCHP Pain Network

Free Study Day
23 November 2009

The Application of ACT and Mindfulness Approaches to Chronic Pain Management

Bronllys Pain & Fatigue Management Centre, Bronllys, Powys. LD3 0LU
Time: 0900 registration 0930 start. 1630 finish.

ACT (Acceptance & Commitment Therapy) and Mindfulness Approaches are being increasingly applied in the context of chronic pain management and there exists a considerable and growing body of evidence to support their use. This Study Day is offered to all clinicians and therapists, of whatever specialism, involved or interested in the field of chronic pain management. Following an introductory talk by Lorraine Nanke, an experienced ACT presenter, the day will consist of the opportunity to: engage in discussion with other pain management professionals; develop understanding of the choice of ACT/Mindfulness as a pain management approach; share, learn, practice and evaluate specific techniques.

Please note that this is a collaborative Study Day, rather than a training event, and those participants with experience are encouraged to be willing to share their knowledge and to bring examples of material that might be of use or interest to others.

This event is suitable for anyone interested in this approach and is not aimed exclusively at psychologists.

Light refreshments will be provided but, for us to be able to host this event without charge, participants are asked to bring their own lunch. This event is free but it is essential that participants register in advance. Please complete the attached registration form and return it by email to:

Bernadette.bustin@powyslhb.wales.nhs.uk. Any enquiries please email as above or telephone 01874 712505.

Associated KSF dimensions

C1 - Communication

C2 - Personal and people development

C4 - Service improvement

HWB2 - Assessment and care planning to meet health and wellbeing needs

HWB4 - Enablement to address health and wellbeing needs

HWB6 - Assessment and treatment planning

HWB7 - Interventions and treatments

Applications will be accepted on a 'first come, first served' basis and all applications will be acknowledged.

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Chronic Pain Management

Registration Form

Name

Address

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Email Telephone

Specialism (eg psychologist, physio, OT etc)

Currently working in Pain Management? Yes/No

If yes,

Working with groups? Yes/No Working with individuals? Yes/No

How much do you currently use ACT/Mindfulness? (Please tick one)

- a) ACT/Mindfulness is my only or main approach
- b) I supplement my main approach with ACT/Mindfulness
- c) I do not use any ACT/Mindfulness

I am happy to bring ACT/Mindfulness material that I use to share with event participants Yes/No

Do you require further information? For example: map, directions,etc.
(*these will be sent with your registration confirmation*) Please give details

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Can we help with any other special requirements that would make it easier for you to attend this event? Please give details.....

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Thank you. Please email this form to: Bernadette.bustin@powyslhb.wales.nhs.uk