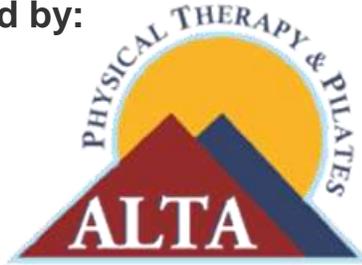




Instructor: Carolyn McManus

Presented by:



# Mindfulness-Based Pain Treatment

## May 4-5, 2019

### Course Description

Pain is a perception that engages sensory, cognitive and emotional processes. The complex nature of pain requires a multifaceted skill set to address the therapeutic needs of patients experiencing pain. A growing body of medical literature suggests **mindfulness training** can help address the complexities of pain. Mindfulness training can reduce pain intensity and unpleasantness, decrease depression and anxiety and improve function and quality of life in patients with persistent pain. In addition, mindfulness training contributes to neuroplastic brain changes that may help mitigate neurotoxic effects of stress in the brain.

This 2-day course provides you with **practical, evidence-based** treatment strategies to promote your patients' abilities to regulate the stress reaction and manage pain.

### You will learn:

- The science of mindfulness and pain and how cognition, emotion and stress impact pain perception.
- How to practice mindful meditation, body scan and movement.
- How to explain the benefits of mindful awareness to patients and teach mindfulness-based skills (breathing, body awareness, exercise and the regulation of reactions to stress and pain) for pain relief and prevention.
- How to draw on mindful listening skills to enhance your therapeutic alliance with patients. In addition, you will learn mindful self-care practices to avoid burn-out and promote your own well-being.

**15 Contact Hours**  
**Price:** \$475 (early bird \$450 before April 1)  
**Prerequisites:** None  
**What to bring:** Yoga mat, beach towel, or blanket  
**Audience:** All specialties (and the generalist!)  
**To Register:** Call 303-444-8707 or email: [info@altatherapies.com](mailto:info@altatherapies.com)  
**Payment:** Credit Cards only at time of registration.

### Course Schedule:

#### Day One:

- 8:00 Introductions, course overview
- 8:15 *Practice:* Introduction to Mindfulness
- 8:30 Introduction to mindfulness
- 9:00 *Practice:* Sitting meditation
- 9:30 Proposed mechanisms for how mindfulness works
- 10:00 Break
- 10:15 Mindful body scan
- 10:35 Pain science
- 11:05 Stress and pain
- 11:40 Trauma, PTSD and pain
- 12:10 Cognitive and emotional modulation of pain
- 12:30 Lunch
- 1:30 Mindfulness and pain research
- 2:00 Mindful movement research
- 2:15 *Practice:* Mindful Movement
- 3:00 Break
- 3:15 Mindfulness and the self-regulation of reactions to pain, movement and stress
- 3:30 *Practice:* Explain mindfulness and mindful breathing
- 4:00 Walking Meditation
- 4:30 Case studies
- 5:00 *Practice:* Practice reflection exercise
- 5:15 Q&A
- 5:30 Adjourn

#### Day Two:

- 8:00 Questions, answers, discussion from yesterday
- 8:15 *Practice:* Mindful movement, body scan, sitting meditation
- 9:00 The mindful healthcare provider: *lecture and exercise*
- 10:00 Break
- 10:15 Pain and positive emotional states
- 10:30 Applying mindfulness to pleasant and unpleasant situations: lecture and experiential practices
- 10:45 *Practice:* Teaching mindful body scan or movement
- 11:15 Mindfulness and the treatment of opioid use
- 11:30 Mindfulness and sleep, anxiety and depression
- 11:45 Kindness meditation and pain
- 11:55 *Practice:* Kindness meditation
- 12:15 Q & A
- 12:30 Lunch
- 1:30 Mindful communication: Lecture
- 1:40 *Practice:* Mindful communication
- 2:10 Additional tools for the toolbox
- 2:20 Putting it all together: Treatment protocol, documentation, billing
- 2:45 Break
- 3:00 Case Studies
- 3:30 Questions and Answers
- 3:45 Evaluations and wrap-up
- 4:00 Adjourn

