

Course Title

Level 3B - Clinical Hypnosis/Meditation for Pain Management & Psycho-Social-Emotional Barriers to Recovery Part 2

Description

Physiotherapists among other manual therapists or non-mental health practitioners are traditionally trained through a rich biomechanical/biomedical lens. Many therapists talk about pain management from a biopsychosocial perspective yet fall back on their biomechanical/biomedical skills within their treatment approaches because of the lack in skills training for psycho-social-emotional components in many training programs. Do you find that sometimes your hands may feel tied and you may not know what to say or do to help when your clients present in the following ways:

- Low motivation to participate in their care
- Attributing most or all gains to your help (low self-efficacy)
- Believing things will never get better (helplessness, faulty or negative beliefs, cognitions and labels)
- Low mood or low positive affect
- Self-blame, shame or guilt (“It’s my fault... I’m lazy... I don’t deserve...”)
- Forgetting to do exercises or following advice (“I keep forgetting...”)
- Low self-compassion

If you’re unsure how you may help as a non-mental health practitioner in these situations, you’re not alone. But how do you truly incorporate a biopsychosocial approach without addressing these mental health components that directly affect your treatment outcomes? In addition to referring your clients to colleagues trained in mental health and other resources that may help, this course will teach you practical ways to identify psycho-social-emotional distress components contributing to pain and physical symptoms by using a specific intake method and using distress questionnaires. Participants of this course will also learn to use various pain management techniques and scripts to target pain in multiple or specific body areas (that may or may not be influenced by psycho-social-emotional components).

Using the skills you developed in Level 3A (pain intake, motivational interviewing and communication with clients in trance), you will learn to combine it with the skills from this course to determine which scripts to use (to address physical pain and emotional components) and combine it with safe place scripts to help clients change their emotional and physical pain experience.

All sessions are recorded so you can re-watch on a different day or if you missed any classes.

Audience

This continuing education course is targeted to healthcare professionals working with clients who may have psycho-social-emotional contributions to their pain and physical symptoms. Clients may have goals to improve confidence and self-efficacy, build positive affect, change negative emotions, reframe experiences, change labels or negative self-talk, cultivate self-

compassion and promote forgiveness. This course is appropriate for manual therapists like physiotherapists/physical therapists, physiotherapy assistants, occupational therapists, occupational therapy assistants, chiropractors, naturopathic doctors, osteopaths, athletic therapists, exercise therapists, kinesiologists, movement specialists among others.

Anyone with questions is encouraged to contact Queenie to discuss individual backgrounds and circumstances.

Prerequisites

1. Level 1A - Clinical Hypnosis & Meditation For Health Professionals: Learning the Technique Basics Part 1
2. Level 1B - Clinical Hypnosis & Meditation For Health Professionals: Learning the Technique Basics Part 2
3. Level 2 - Putting Clinical Hypnosis & Meditation Fully Into Your Practice
4. Level 3A - Clinical Hypnosis & Meditation for Pain Management & Psycho-Social-Emotional Barriers to Recovery Part 1

Objectives

1. Practice psycho-social-emotional intake technique.
2. Learn to use distress questionnaires during intake to help clients uncover psycho-social-emotional barriers to recovery and their contribution to pain and physical symptoms.
3. Explore various scripts designed for pain management (including changing pain and/or releasing/targeting pain from specific/multiple body areas).
4. Learn how to combine pain management scripts with safe place scripts to help clients explore/change/desensitize their pain and manage overwhelming situations.
5. Learn to identify and assess physical & emotional pain components, which in turn helps determine the appropriate scripts & techniques to help clients change their physical & emotional pain experience.