

Treating Persistent Pain: What Mental Health Professionals Need to Know

2019 OPAT Preconference Workshop
Wednesday, May 29, 2019
8:00 a.m. – 5:00 p.m.

Presenter:

Mary Wells, LCSW
Behavioral Pain Specialist, Mosaic Medical

Learning Objectives:

After participating in this workshop, attendees will be able **to do** the following:

- Identify and explain their role as mental health providers in preventing and treating opioid misuse
- Demonstrate basic understanding of opioids, morphine equivalents, current medically assisted treatment (MAT)
 - Assess patient's relationship to pain and medications
 - Identify opioid misuse and successfully address this with patients
 - Empower patients before, during and after an opioid taper
- Describe basic pain processing concepts to yourself, your colleagues and clients
 - Identify/assess for role of central sensitization and brain changes that result in increased pain processing
 - Explain why pain severity does not always equal tissue damage
 - Learn, and then communicate current pain concepts to patients/clients in a manner that creates a context of hope and invites behavioral activation to self-manage pain
- Learn, and then teach patients to moderate their central nervous system arousal levels using the cognitive and somatic tools presented
 - Integrate concepts of pain education, use of somatic tools, and values- based actions to gradually support increases in functioning and improvement of patients' Quality of Life
 - Deliver paced and sequenced treatments for best results
- Apply the knowledge and tools delivered in this workshop to their clinical setting
- Actively participate as a team member in patient's pain management plan

Target Audience: Mental Health Professionals

Description:

Mental Health Professionals are uniquely positioned to make a positive impact as the opioid crisis unfolds. We can increase access to effective, therapeutic pain education and self-management treatments. To this end, the 7.5 hour session is an intensive, experiential training to develop competence for 30 Mental Health Professionals to deliver non-pharmacological pain treatments.

Four segments will include basics of pain education, behavioral treatments including CBT, ACT and simple, powerful mind body treatments. Pain medications, Opioid Use Disorder, and the Mental Health Professional's role in an opioid taper will be presented and integrated into the workshop. Patient facing handouts and other materials will be provided to readily integrate workshop learnings into a variety of clinical settings and formats.

Accreditation: 7.5 AMA PRA Category 1 Credits™

Cost: \$190