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Bundaberg-Hervey Bay Region Branch

Presents

Dr Alanda Thompson MAPS

Clinical Psychologist

Treating People with Chronic Pain:

A Biopsychosocial Approach

6th September, 2013 at 8:15—4:00

(full-day catered workshop)

Lecture Theatre Rm.5/G.22, CQ University Bundaberg

Given that 1 in 5 Australians suffers chronic pain, chances are that you and/or many of your clients also experience this difficulty. Far from being a purely medical situation, it is not only the pain itself but the sequelae of the pain that cause chronic pain to be so debilitating for the sufferer and society in general. Studies estimate that lost productivity due to chronic pain in the workplace costs Australia around 5.1 billion dollars per annum. The suffering for the individual can be immense, and when we treat chronic pain, we are often treating the full gamut of psychological and interpersonal distress. The assessment and treatment principles used for chronic pain are applicable to those applied for many other health difficulties, and they do make a difference to the pain, the disability and the suffering. This practical and interactive workshop will examine in detail the biopsychosocial model of pain, as well as the assessment and treatment of pain.

Learning Objectives

In terms of learning outcomes, workshop participants should expect to:

1. Have a thorough understanding of how to conceptualise an individual's chronic pain from a biopsychosocial perspective.
2. Differentiate chronic pain from other somatoform disorders.
3. Be aware of the importance of liaison in the treatment of chronic pain, and how to go about this.
4. Select appropriate assessment techniques for clients.
5. Understand and address issues of fraudulence and secondary gain.
6. Provide an integrated treatment strategy that combines the appropriate components of CBT, ACT, and Mindfulness, and that dovetails with other treatment providers.
7. Understand and cope with the stresses and strains that are common for the health professionals who are treating chronic pain.



About the Presenter

Dr Alanda Thompson has unique experience with chronic pain. She was the fulltime Senior Psychologist in the Noosa Hospital Pain Management Program for seven years, and has worked prior and since with a range of health issues across hospitals and clinics that include HIV, cancer, multiple sclerosis, hepatitis, and rheumatoid arthritis. In 2008 a serious car accident gave Alanda the opportunity to trial her rehabilitation and pain management skills directly, and this has led to some interesting outcomes for her practice, which will be mentioned briefly during her workshop.

Alanda has been a practicing psychologist for 17 years. She has taught at the Masters level at the Universities of Queensland and the Sunshine Coast, and has spent many hours enthusiastically training other psychologists and assorted health professionals. She takes a casual yet direct approach to her teaching. She recently presented a talk at TED X Noosa.

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APS STUDENT SUBSCRIBER	\$ 95 (EARLY BIRD)	\$115 (LATE BIRD)	EARLY BIRD DEADLINE – 23RD AUGUST 2013
APS MEMBERS	\$195 (EARLY BIRD)	\$225 (LATE BIRD)	
NON-MEMBERS	\$230 (EARLY BIRD)	\$260 (LATE BIRD)	

CLOSING DATE: 30TH AUGUST 2013

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