

18 February 2016 – MELBOURNE

Other locations and dates to be released soon!

WORKSHOP
EARLY BIRD

23/12/2015

Regaining Control of Persistent Pain

*Effective Approaches for Persistent Pain:
working within an interdisciplinary context*

Persistent pain is a common and frequently misunderstood problem that can seem insurmountable to practitioners working in the field.

Best practice interventions for the management of persistent pain are interdisciplinary Cognitive Behavioural approaches.

Pain Australia estimates that less than 10 per cent of people with chronic (non-cancer) pain access effective treatment even though 80 per cent of people could be effectively treated if they had access to interdisciplinary team-based care (Pain Australia, 2014).

This evidence supports the critical importance of advancing knowledge and understanding about the complex nature of persistent pain and psychological approaches to pain management for all of those working in the area.

This workshop is intended for professionals involved in the rehabilitation and treatment of people with persistent pain, and will provide contemporary understandings of pain, strategies to manage the challenges, and discuss means of achieving an interdisciplinary approach in private and public settings, including compensation schemes.



Dr Philippa Frances,
Clinical Psychologist



Dr Emma Gollings,
Clinical Health
Psychologist

Who will attend?

- Rehabilitation Counsellors
- Case Managers
- Injury Managers
- Physiotherapists
- Occupational Therapists
- Counsellors
- Exercise Physiologists
- Occupational Medicine
- RTW Coordinators
- Workers Comp Managers
- Researchers
- Occupational Health Nurses

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Registration fax line 02 6629 8146

Workshop Agenda

8.30am – 9.00am	Registration and morning coffee
9.00am – 10.00am	Understanding Pain
10.00am – 10.30am	The experience of pain
10.40am – 11.00am	Morning tea
11.00am – 11.30am	Common Psychological Presentations
11.30am – 12.30pm	Setting the context of pain management
12.30pm – 1.30pm	Lunch
1.30pm – 2.00pm	The Clinical Framework for the Delivery of Health Services
2.00pm – 3.00pm	Management and Strategies for complex presentations
3.00pm – 3.15pm	Afternoon tea
3.15pm – 4.00pm	Facilitating interdisciplinary management
4.00pm – 4.30/45pm	Addressing specific challenges and general discussion

Dr Philippa Frances

CLINICAL PSYCHOLOGIST

B.A. (hons) Psych, D. Clin Psy.

Dr Philippa Frances is a Clinical Psychologist with over 25 years experience working in public hospitals, community mental health settings, and private practice. She is a full member of the Australian Psychological Society (APS), the APS College of Clinical Psychology, the International Association for the Study of Pain and the Australian Pain Society, and a Clinical Advisor on WorkSafe Victoria and TAC Clinical Panels. As well as providing psychological therapy she has many years experience in development and presentation of pain management and other group programs, conference presentations, training and lecturing, and provides professional supervision to psychologists and other health workers.

She is co-director and senior psychologist at the Wellspring Centre for Clinical and Health Psychology. Her expertise includes persistent pain presentations, chronic fatigue, cancer, ABI and spinal cord injury and severe mental health problems. She is particularly interested in the impact of these problems on self-esteem. She has extensive training in CBT, Narrative Therapy, Schema Therapy, hypnotherapy, Mindfulness approaches and multidisciplinary pain management approaches.

Dr Emma Gollings

CLINICAL & HEALTH PSYCHOLOGIST

BEd, PGradDip (Psych), DPsych Melb, MAPS

Dr Emma Gollings is a Clinical Health Psychologist with extensive experience working in pain management both in the public health and private sector. Emma is passionate about providing psychological services to support individuals who may be experiencing complex health conditions and emotional and psychological difficulties. Emma is co-director and senior psychologist at The Wellspring Centre for Clinical and Health Psychology where in addition to providing individual therapy, she also facilitates group programs, provides professional supervision, and delivers workshops and training to psychologists and allied health professionals.

Emma is a Clinical Advisor on the WorkSafe Victoria Clinical Panel. She is a full member of the Australian Psychological Society (APS), the APS College of Health Psychology, the APS College of Clinical Psychology, the Australian Pain Society and the International Association of for the Study of Pain. Emma's therapeutic approaches draw from evidence-based practise and include: Cognitive Behaviour Therapy, Schema Therapy, Narrative Therapy, Acceptance and Commitment Therapy, and multidisciplinary pain management approaches.

REGISTRATION DETAILS

18 February 2016 (MELBOURNE)

(All prices inc GST)	EARLY BIRD (23/12/2015)	POST EARLY BIRD	FULL TIME STUDENT	INTERSTATE TRAVELLER	NGO / NOT FOR PROFIT
	<input type="checkbox"/> \$399.00	<input type="checkbox"/> \$499.00	<input type="checkbox"/> \$259.00	No Early bird applies	
	<input type="checkbox"/> \$299.00	<input type="checkbox"/> \$279.00			

Title(Mr/Mrs/Miss/Ms) ___ Surname _____ Given Name _____

Position _____ Organisation: _____

Address: _____

Telephone: _____ Fax: _____ Email: _____

Special Dietary Needs: _____

Payment details

Enclosed is my cheque for \$_____ payable to PPL Education Services P/L

Charge \$_____ to Visa Mastercard Bankcard

Card Number

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Expiry Date

Name of Cardholder.....Signature.....

EFT: Please send me bank details to enable Electronic Funds Transfer (EFT)

CANCELLATION POLICY - Your registration will be confirmed in writing when full payment is received. We will refund your registration in full less a \$120 administration and processing fee if notification is received in writing by 29/12/2015. If we receive notification of cancellation between 30/12/2015 and 18/1/2016, you will receive 50% refund and workshop notes. No cancellation will be accepted after 19/1/2016.

VENUE DETAILS - Full venue information will be provided in your Confirmation of Registration Letter.

AMENDMENTS - PPL Education reserves the right to cancel, postpone or amend the event details if required.

REGISTRATION OPTIONS

Registration Fax Line: 02 6629 8146

Phone enquiries
02 6629 8144

Registration Email: sally@ppleducation.com.au

Email enquiries
enquiries@ppleducation.com.au

Post: 5 McDonald PI WYRALLAH NSW 2480

REGISTER ONLINE: www.ppleducation.com.au