

Bruce Singer - Treating Chronic Pain: Effective interventions you can use tomorrow

Do you have clients who describe their chronic pain like, “*my back is KILLING me*” or “*I just want my life back*”? They want a life that isn’t controlled by pain... before it limited their activity, interfered with their sleep, and prompted the affair with their beloved opiate. They want a life that isn’t based on fear of even greater pain and suffering...

For clients with chronic pain, even after the physical injury has healed, when the pain persists, the spiritual and emotional effects can be devastating — depression, addiction, anger, loss and fear are just a few.

Transfuse hope into your clients’ lives with evidence-based behavioral interventions that work!

Join nationally recognized expert Bruce Singer, Psy.D., in this intensive online course to get **step-by-step instructions for essential CBT, mindfulness and ACT interventions for treating chronic pain and co-occurring disorders** that you can use tomorrow to evoke positive change for your clients.

You’ll gain cutting-edge assessment and treatment techniques for complex chronic pain that will help your clients un-attach emotional suffering from their physical pain so they can move toward acceptance and transition from a pain-centered life to a function-centered life.

Plus, when you enroll today you’ll also get TWO **FREE BONUSES**, including an online video training that digs into the opioid epidemic and offers additional mindfulness and CBT approaches to help your clients, and a free ebook that will teach you how to treat pain without pills and with confidence, *Treating Chronic Pain: Pill-Free Approaches to Move People From Hurt To Hope*.

Here’s what you’ll learn

In this online course, Dr. Singer will focus on the assessment and treatment of complex chronic pain and co-occurring disorders. Through four engaging modules of training, you will learn how to apply CBT, mindfulness, and ACT skills to facilitate “inside-out” pain management that empowers and motivates your clients.

Understanding Complex Chronic Pain and Treatments

One of the biggest mistakes made in the treatment of pain is misunderstanding what is being treated. Module one starts with a dissection of what chronic pain is, what you are treating, and leads into:

- Chronic pain syndrome and why conventional treatments fail
- Societal impacts of chronic pain
- Long-term effects of opiate use
- Biopsychosocial model of pain and how it affects overall quality of life

Best Practice Guidelines and Treatment Options

Building off the foundation developed in module one, module two focuses heavily on treatment options based on current clinical guidelines. You will cover:

- APA division 12 treatment recommendations
- Treatment goals and why setting them is so important for your clients' outcomes
- Self-management strategies & evidence-based skills that don't involve opioids
- Chronic pain assessment strategies and worksheets
- Diagnosis and treatment recommendations

The Chronic Pain Intervention Toolbox

As a clinician, you are in a unique position to provide effective pain management to your chronic pain clients... but only if you fill your invisible toolbox with evidence-based skills that work. In module three, you will gain practical CBT and mindfulness interventions that will motivate your clients to commit to the changes they want. You will walk step-by-step through treatment strategies, including:

- Cognitive behavioral therapy (CBT) strategies for chronic pain treatment
- How to harness a client's self-talk through cognitive restructuring
- Mindfulness-based pain management interventions
- Creative interventions to help clients see "What is NOT wrong with me"
- Wellness skills, active coping skills, gratitude activities, and more

Psychological Flexibility

A powerful theoretical model that can improve outcomes in psychosocial treatment of pain syndromes is psychological flexibility — which is the core focus of Acceptance and Commitment Therapy (ACT). This final module breaks down some ACT treatment techniques for chronic pain as well as some strategies to increase happiness through gratefulness. In module four you will also walk through:

- Cognitive defusion and how to use it with your clients
- The illusion of control and how it affects our lives
- The Values Compass and how to help clients find their True North
- The hidden power of gratitude and its effect on overall happiness

Plus, when you enroll TODAY, this intensive course includes these FREE bonuses — a \$84.99 value!

Opioids and Chronic Pain (Online Digital Video with CE)

The opioid epidemic is spilling into consulting rooms as more therapists encounter clients overusing these dangerous medicines to treat their chronic pain. Although behavioral interventions are the treatment of choice for pain, prescriptions for opioids — the least effective and riskiest treatment option — continue to rise.

Led by therapist Martha Teater, MA, LMFT, LCAS, LPC, and physician Donald Teater, MD, MPH, this workshop recording digs into the epidemic, and mindfulness and CBT approaches that bring dramatic improvements to people with pain.

Treating Chronic Pain: Pill-Free Approaches to Move People from Hurt to Hope
(Ebook Download)

The best treatment for chronic pain isn't found in a doctor's office or pharmacy — it's in the therapist's office. Written by Martha Teater, MA, LMFT, LCAS, LPC, and Donald Teater, MD, MPH, with over fifty years combined experience in treating chronic pain, this comprehensive 156 page skills manual will teach you how to treat pain without pills and with confidence, using cutting-edge assessments, insights and interventions. This PDF ebook includes:

- Proven CBT applications to improve quality of life
- Mindfulness tools designed to reduce pain
- Non-opioid medical options and alternative therapies
- Session-by-session treatment plan for individuals and groups
- Unique worksheets, guides, exercises
- Case examples

Meet the Course Experts

Bruce Singer, Psy.D.

Bruce F. Singer, Psy.D. is a licensed psychologist and nationally recognized expert on psychosocial treatments for chronic pain and substance use disorders. He was the founding director of the Chronic Pain and Recovery Center at Silver Hill Hospital, one of the most prestigious psychiatric hospitals in the United States. He maintains a private practice and consults internationally with treatment centers.

Dr. Singer sits on the Medical Advisory Board of the U.S. Pain Foundation and on the Board of Chronic Pain Anonymous where he is an outspoken advocate for helping individuals with chronic pain obtain effective treatment. An inspirational speaker known for his creativity and sense of humor, Dr. Singer has presented at Grand Rounds and pain and addiction conferences throughout the United States. He is the author of numerous professional articles on psychosocial treatments for chronic pain and substance abuse, and his guided meditations and educational videos are readily available on the web. He recently authored *Black Duck Moments Every Day*, a book of daily affirmations for people with chronic conditions as well as *99 Black Duck Moments*, an eBook based on his original memes and videos.

Speaker Disclosures:

Financial: Bruce Singer is in private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Bruce Singer is a member of the Medical Advisory Board for the U.S. Pain Foundation.

Don Teater, MD, MPH

Don Teater, MD, MPH, is a family physician who has lived and worked in western North Carolina since 1988. Dr. Teater works entirely with patients who have addiction and mental health disorders, and is a national expert in the areas of pain, addiction, and opioids. He has several years' experience working with the Centers for Disease Control, the National Safety Council, and many other state and federal agencies and community organizations on the opioid issue.

Speaker Disclosures:

Financial: Don Teater is the owner of Teater Health Solutions. He has an employment relationship with Meridian Behavioral Health Services. Dr. Teater receives a speaking honorarium from PESI, Inc.

Non-financial: Don Teater has no relevant non-financial relationship to disclose.

Martha Teater, MA, LMFT, LPC, LCAS, NCC

Martha Teater, MA, LMFT, LPC, LCAS, NCC, is a Diplomate with the Academy for Cognitive Therapy and is a practicing cognitive-behavioral therapist. She has maintained a private practice for over 25 years. She has worked in primary care settings, free clinics, and medication-assisted treatment programs. Martha is a Red Cross disaster mental health manager and has been on many national disaster deployments where she provides support to traumatized people. She is also involved with the Red Cross Service to the Armed Forces to develop programs to support military and veteran families.

She has provided trainings in the United States and internationally on topics such as evidence-based treatments for trauma, DSM-5®, compassion fatigue, and behavioral treatment of chronic pain. A prolific writer, Martha has published over 175 articles in newspapers and magazines, and is the co-author of two books.

Speaker Disclosures:

Financial: Martha Teater maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Martha Teater is a Clinical Member of the American Association for Marriage and Family Therapy.

Proof Content

	2018_04_12chronic-pain-toolboxrn_360pAAC_640x360_700.mp4			2 GB
	2018_03_23opioids-chronic-painrn_360pAAC_640x360_700.mp4			624.6 MB
	manual-opioids-chronic-pain.pdf			1.3 MB
	Treating Chronic Pain Effective interventions you can use tomorrow.pdf			4.2 MB