



# noius

knowledge driving health

## You can help overcome the most burdensome non-fatal health condition facing our species – pain.

Pain costs our community more than heart disease, cancer and diabetes combined, but it is largely a hidden problem with very little awareness or attention. While the dollar costs are measured in the hundreds of billions, the real cost – the human cost – is immeasurable.

The essence of Explain Pain is the notion that when people understand pain they hurt less, and there is now ample, reliable and repeated evidence supporting this. Teaching people about the biology of pain has become a well accepted strategy, but in order to do it well you need broad and deep knowledge, combined with the skills to tailor and deliver effective educational interventions. Noigroup Explain Pain courses provide the very latest in pain science education and pain treatment.

### Day 1 of the Explain Pain course provides the pain biology foundation, including:

- the vital difference between nociception and pain
- identifying patterns suggestive of different sources of nociception
- recognizing peripheral nerve and neuropathic contributions to pain states
- understanding the powerful neuroimmune and neuroendocrine outputs and their links to pain
- how pain biology and a biopsychosocial approach comes together in the *Protectometer*

### Day 2 takes you through the 'how to' of Explaining Pain with sessions and workshops on:

- understanding the evidence base for Explain Pain
- developing a curriculum tailored to a group or individual to ensure that your educational intervention is effective, measurable and repeatable
- how to carefully listen for and use metaphor and other language patterns to help you enter the patient's story, while making your education memorable.

## Explain Pain

Lynnwood, WA  
February 25 & 26, 2022



*Tickets contact host*

<b>COST</b>	USD \$570 per person (incl. workbook)
<b>VENUE</b>	Northwest Return to Work 9221 36th Ave W, Suite 101 Lynnwood, WA 98036
<b>TIMES</b>	Saturday 8:30-5pm, Sunday 9am-5pm
<b>HOST</b>	Yousif Malik   <a href="mailto:yousif@nwrw.com">yousif@nwrw.com</a>
	<b>CEU (13.25 POINTS)</b>

### Ben Boyd PT, DPTSc, OCS, NOI INSTRUCTOR

Ben works as a Physical Therapist at Stanford ValleyCare in Livermore, California where he specializes in persistent pain conditions, working with both individual clients and group classes. He has worked as an outpatient Physical Therapist in multiple practice settings within the San Francisco Bay Area, seeing patients with a variety of neuromusculoskeletal complaints. He received certification as an Orthopaedic Clinical Specialist through the American Physical Therapy Association in 2008.

In addition, Ben was an Associate Professor at Samuel Merritt University in Oakland, California for 12 years, where he taught in their entry-level Physical Therapy Program. He continues to work as an Adjunct Associate Professor for this program, teaching on a part-time basis. Ben has been teaching courses on peripheral nervous system anatomy, biomechanics, clinical evaluation, and intervention since 2004 and he joined the Noigroup US teaching faculty in 2013.

**This course is brought to you by the NOI Group – an independent, international group of health professionals dedicated to quality education and resource development. Noigroup Publications has grown from the demand for resources to support our education system and emerging research in public health literacy, graded motor imagery, neurodynamics and internet education.**

# Explain Pain

Two-day course | Additional information

## Course format / Instructional activity

The *Explain Pain* course is delivered over two days as an interactive seminar seated in lecture or classroom style. The course comprises 11 lectures, a pre and post-course quiz and 33 exercises undertaken individually, in partners or in small groups. Participants receive a certificate of attendance following confirmed attendance of two full days.

## Materials

Participants each receive a comprehensive 90+ page workbook containing lectures, exercises and quiz. Additional handouts include a Protectometer worksheet and a curriculum worksheet.

## Prerequisites

The *Explain Pain* course is open to professionals working with patients or clients in acute and chronic pain and stress states, for example, physiotherapists, occupational therapists, doctors, psychologists, rehabilitation counsellors. Participants come from a broad field base to encourage interaction, open thinking and a shared approach to pain treatment. Pre-reading the *Explain Pain Second Edition* book is recommended.

Other related reading: *Moseley GL et al 2004 A RCT of intensive neurophysiology education in chronic low back pain. Clinical Journal of Pain 20:324-330*

## Course aims

- To expand the clinical framework of rehabilitation via the paradigms of neuromatrix and pain mechanisms.
- To teach biologically based pain management skills under a framework of the sciences of clinical reasoning and evidence from clinical trials, neurobiology and education research.
- To reconceptualize pain in terms of modern neuroscience and philosophy.
- To stimulate an urgent reappraisal of current thinking in rehabilitation, with benefits for all stakeholders in clinical outcomes - the patient, the therapist, the referrer and the payer.
- To teach the core pain management skills of neuroscience education.

## Timetable | Total 14 hours

*Slight variations may occur*

### Day One 8:30am–5:00pm = 7 hours

- 8:30–9:00 Registration
- 9:00 - 10:45 Lecture + questionnaire 1¾
- 11:00–12:30 Lecture + exercises 1½
- 1:00–3:00 Lecture + exercises 2
- 3:15–5:00 Lecture + exercises 1¾

### Day Two 9:00am–5:00pm = 7 hours

- 9:00 - 10:45 Lecture + exercises 1¾
- 11:00–12:30 Workshop + exercises 1½
- 1:00–3:00 Lecture + exercises 2
- 3:15–5:00 Lecture + questionnaire 1¾

## Learning outcomes

On course completion the participants will have:

1. reconceptualized pain and stress based on neuroimmunology, modern brain science and bioplasticity of homeostatic systems
2. a conceptual change framework to deliver individual and group educational therapy
3. an understanding of the growing evidence for *Explain Pain* and recognise opportunities for integration with other biopsychosocial interventions
4. a collection of therapeutic narratives using metaphor, literal story and linked multimedia, and the skills to construct patient-centred education interventions in real time
5. the skillset to use the Protectometer to identify immediately applicable and educationally informed multi-modal treatment strategies
6. the confidence to plan and deliver treatment for all patients with persistent pain and stress, and educate other stakeholders.

**Further information:** [noigroup.com/contact](http://noigroup.com/contact)



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