

EXPLAIN PAIN **SUPERCHARGED**

With Professor Lorimer Moseley



9th & 10th June 2017 - St Helier, Jersey

PROFESSOR LORIMER MOSELEY Professor Lorimer Moseley is a clinical scientist investigating pain in humans. After posts at The University of Oxford, UK, and the University of Sydney, Lorimer was appointed Foundation **Professor of Neuroscience and Chair in Physiotherapy, The Sansom Institute for Health Research** at the University of South Australia. He is also Senior Principal Research Fellow at NeuRA and an NHMRC Principal Research Fellow. He has published over 200 papers, four books and numerous book chapters. He has given over 140 keynote or invited presentations at interdisciplinary meetings in 30 countries and has provided professional education in pain sciences to over 10,000 medical and health practitioners and public lectures to as many again. His YouTube and TEDx talks have been viewed over 200,000 times. He consults to governmental and industry bodies in Europe and North America on pain-related issues.

2 DAY Explain Pain **Supercharged Course**

Since explaining pain emerged as a viable therapeutic intervention for the treatment of chronic pain, there have been 20 RCTs and numerous audits and treatment studies that support its effects in that context. However, limitations have also emerged. Most of these limitations link to the complexity of the biology itself, the way the biology is parcelled into thinking frameworks and clinical reasoning guides, and the way we actually 'deliver' pain biology knowledge. This two-day course will first present a quick overview of where we have come from - a kind of quick Explain Pain refresher- and then focus on addressing these limitations. It will cover: getting to know the theories that currently guide modern pain science and rehabilitation; getting to know your own theories - clinician self-awareness and self-efficacy in identifying and implementing their theories; the notion of modulation and action neurotags, the principles that guide their operation and the implications for clinical practice; current concepts in the biology of 'danger detection and transmission' (also known as 'nociception'); DIMs, SIMs and the Protectometer; identifying conceptual change targets; planning and practising delivery in a way that sticks; explaining pain as part of a wider prevention or rehabilitation programme. The course is heavily informed by Moseley & Butler **Explain Pain Supercharged**, which will serve as the course manual and will be provided.

After this course, it is hoped that you will:

1. Understand the theoretical basis for modern approaches to pain prevention and rehabilitation.
2. Be confident identifying and interrogating the theories that underpin your own clinical practice.
3. Understand the principles that govern the operation of neural networks or *neurotags*.
4. Have an increased understanding of nociception, from primary stimulus detection, how inflammation changes it, spinal cord mechanisms.
5. Understand the basic mechanism and implications of neuroimmune coupling in the CNS.
6. Understand and be able to implement The Protectometer as a biopsychosocial tool for pain rehabilitation.
7. Have elevated skills and confidence in targeting your Explain Pain interventions to suit you, the learner, the context and the message itself.
8. Be aware of tricks to facilitate the stickiness of your message.
9. Be able to evaluate your Explain Pain intervention and communicate your goals and results to other stakeholders.

Course venue and running times:

The course will be held at the King Centre, Clarkson House (Jersey Hospice), Mont Cochon, St Helier, Jersey
Registration day 1 from 8.30 with coffee on arrival; day 2 will start at 9.00 – with both days finishing at 5.00. This equates to 14 hours CPD.

Included in course costs:

2 full day workshop covering Explain Pain *Supercharged* – opportunity to be the first delegates to cover the new material with Professor Moseley in the British Isles.

Lunch and refreshments on both days

Course material: the new Explain Pain Supercharged text book (not currently available to buy but will retail in excess of £50 – be the first to receive the textbook in the UK through course attendance).

Application form

Name: _____

Occupation: _____

Organisation: _____

Email address: _____

Refreshments as well as cold lunch will be provided please indicate any special dietary requirements, the course organisers will endeavour as far as is practicable to accommodate specific needs:

Prepayment is essential to secure course attendance

Please make cheques payable to “Treasurer of the States” and send to:

c/o Dr Julia Morris

Pain Management Centre

Overdale Hospital, St Helier

Jersey JE2 3LP

BACs payments as follows:

Bank: HSBC Bank

Account name: States of Jersey Treasury and Resources (Department Health Charges)

BIC: MIDLJEH1XXX

Sort code: 40-25-34

Account Number: 01546368

Ref: **KSS560 Explain Pain**

Course fees:

Medical Doctors and Consultants £450 (group discount of 3 or more £400 per delegate)

Nursing & Midwifery, AHPs, other clinicians £350 (Group discount of 3 or more £300 per delegate)

Charitable sector staff £300 (Group discount of 3 or more £250 per delegate)

For further information on travel to jersey or accommodation please go to: **www.visitjersey.com** or email course organisers below:

***If you require any further information on the course or costs please email the course organisers
Julia Morris and Alessio Agostinis: julia.morris@health.gov.je or a.agostinis@health.gov.je***