



Neuro Orthopaedic Institute

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13-15 Parkwood Road,
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Explain Pain

2-3 June 2018

Presented by: Tim Beames

This lecture is based on David Butler and Lorimer Moseley's book 'Explain Pain'. The presenters will help you understand how the pain system works when there are injured tissues and nerves and what happens in the brain in relation to pain experiences.

	Early Bird	After 30/04/18
Seminar Fee	£295	£369

Early bird discount for bookings received on or before 30 April 2018



Explaining modern neuroscience to patients is an evidence based strategy which can change their pain and stress behaviours. Participants will be taken through the latest knowledge of tissue, nerve, brain and stress effects on pain and movement. Serious material but you'll have fun learning!

Neuroscience can be riveting stuff! You'll be introduced to the newest clinically relevant knowledge about pain 'neurotags', 'brain ignition nodes', zinging and zapping nerves, smudging in the brain, backfiring nerves, and 'drug cabinets in the brain'. You will learn about how the immune, sympathetic and cortisol systems are critical in a pain experience. And you will realise how clinically potent you can be with some new skills in therapeutic education and movement.

Closely linked to self-management and health literacy movements, the seminar is delivered in a way in which any professional working in the areas of pain and stress will benefit.

COURSE AIMS

- To expand the clinical framework of rehabilitation via the paradigms of neuromatrix, pain mechanisms and modern biopsychosocialism.
- 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 reconceptualise pain and stress 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.

Tim Beames MSc. BSc MCSP, UK Tim lives in London where he works in private practice and is co-founder of Pain and Performance, an organisation which focuses on the treatment of complex and persistent pain states and the provision of pain education for both the patient and health professional. Tim is also the principal instructor for NOI UK and teaches the Mobilisation of the Nervous System, Neurodynamics and the Neuromatrix, Explain Pain and Graded Motor Imagery courses throughout the UK, Europe and Australia. He is also co-author of the Graded Motor Imagery Handbook along with Lorimer Moseley, David Butler and Tom Giles.

Explain Pain by David Butler & Lorimer Moseley

A ground-breaking concept in its content and presentation, Explain Pain aims to demystify the process of understanding and managing pain. It brings the body to life in a way that makes an interesting read for therapists and pain sufferers alike. **Available on www.amazon.co.uk**

ACCREDITED FOR 14 CPD POINTS BY THE EUROPEAN ACADEMY OF CHIROPRACTIC

Registration: Saturday 08:45

Saturday 09:00 - 17:00

Sunday 09:00 – 17:00

Lunch & Refreshments provided

