

March 26, 2022

## EM188: Changing Pain And Movement Behaviour In Chronic Low Back Pain – Using Cognitive Functional Therapy



**KJARTAN VIBE FERSUM**

PhD/Manual Therapist

This 2-day workshop a bio-psycho-social classification model for the assessment and management of chronic back pain disorders will be presented. Within this model a management approach called 'cognitive functional therapy' for chronic back pain disorders will be outlined. This approach represents an integrated cognitive and behavioural / lifestyle behavioural approach to management these complex disorders.

The workshop draws together current knowledge from Peter O'Sullivan's ongoing clinical work and collaborative and breaking research around the world (Australia, Belgium, Norway and Ireland) investigating the classification and management of chronic low back pain disorders. The workshop is dynamic, interactive and practical. It includes patient demonstrations, clinical reasoning and equips physiotherapists to develop skills in diagnostics as well as the design of CFT interventions for specific disorders.

### Objectives:

1. Overview of the back pain diagnosis, the evidence and management dilemma
2. Potential multidimensional underlying mechanisms to pain
3. Overview of the clinical reasoning framework of low back pain disorders
4. Develop the communication skills acquired to deal with complex pain problems
5. Develop competency in designing the cognitive component to the motor learning interventions
6. Develop competency in designing CFT interventions



30 Seats



€427.00



16 Hours



19,6 ECM

#### INTENDED FOR

Doctors and  
Physiotherapists

#### PAYMENTS

Deposit €213.50 within 7  
days from the  
registration

Balance €213.50 by date  
February 25, 2022

**Total: €427.00**

#### CALENDAR

26-27 March 2022

#### LANGUAGE

English with italian  
simultaneous  
translation

**COURSE LOCATION:** @EDUMED Via Della Badia, [18 - 25127](#) - BRESCIA

## SCHEDULE

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#### Day 1

ration ne: am- i)	Addressing Competency No.	Course Content	Teaching/Learning Strategies	Learning Outcome No

30-09.00		Introduction – setting the scene with some considerations		
00-10.00			Power point presentation	
	1	Overview of back pain, the evidence and the dilemma of diagnosis	Power point presentation	1
00-10.15		Break		
15-11.45	2	Potential underlying mechanism for pain	Power point presentation	2
45-12.15			Power point presentation	3
		The clinical reasoning framework of low back pain disorders and CFT		
15-13.00	3	Lunch		
00-13.45		Evidence for CFT	Powerpoint demonstration	1,3
45-14.00		Break		

00-16.00	2,3,4,5,6	Patient 1	Demonstration	
00-16.15	5	Break		
15-17.00		Clinical reasoning form and discussion		

## Day 2

ration ne: am- i)	Addressing Competency No.	Course Content	Teaching/Learning Strategies	Learning Outcome No
00-09.30		Recap – questions from day one		
30-10.00	4	Communication – Introduction & Group work	Practical	
00-10.45	4	Motivational interviewing	Power point presentation	
45-11.00		Break		

15-12.15	5,6	Motivational Interviewing group work	Practical	
15-13.00		Lunch		
00-15.00		Patient 2	Demonstration	
00-15.15		Break		
15-15.15	5,6			
15-15.30		Summary and discussion	Demonstration	
30- 16.00				