

October 11, 2024

## EM348: 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



€499.00



16 Hours



19,6 ECM

#### INTENDED FOR

Doctors and  
Physiotherapists

#### PAYMENTS

Deposit €250.00 within 7  
days from the  
registration

Balance €249.00 by date  
September 30, 2024

**Total: €499.00**

#### CALENDAR

11-12 October 2024

#### LANGUAGE

English with italian  
simultaneous  
translation

EARLY BOOKING UP TO 26/08/2024: 449€ (50€ OFF!).

Course Location: Brescia @Sala Formazione Edumed

## SCHEDULE

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### Day 1

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

				No
30-09.00		Introduction – setting the scene with some considerations		
00-10.00		Overview of back pain, the evidence and the dilemma of diagnosis	Power point presentation	
	1		Power point presentation	1
00-10.15		Break		
15-11.45	2	Potential underlying mechanism for pain	Power point presentation	2
45-12.15		The clinical reasoning framework of low back pain disorders and CFT	Power point presentation	3
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				

15-12.15	5,6	Break  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				