

REGISTRATION — The Day Treatment Pain Management Experience on Friday, 11/7/14

Name: _____

Degree: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Registration Fee: *Includes continental breakfast, lunch, and syllabus*

_____ **\$65: Regular Fee** (10/1/14 or after)

_____ **\$50: Early Bird Fee** (Before 10/1/14)

Space is limited to the first 14 registrants — Register early to reserve your spot in this special, small group experience!

Method of Payment: Check (payable to PRI)
 VISA Mastercard

Total Enclosed/ Authorized: \$ _____

Card #: _____

Expiration Date: ____ / ____

Cancellation Policy: Request for cancellation by 10/25/14 will receive full refund less a \$5 processing fee.

Registration For More Than One Person: Please duplicate this form and complete for each individual registrant.



Detach and mail or fax to:

Leanne Cianfrini
The Doleys Clinic
2270 Valleydale Road, Suite 100
Birmingham, AL 35244

Fax: (205) 982-4483
Phone: (205) 982-3596 x236 for questions



2270 Valleydale Road, Ste 100
Birmingham, AL 35244

> Goals and Intended Audience

The goal of this workshop is to raise awareness of the rationale for and process of an intensive, multidisciplinary day treatment pain management program for the treatment of the injured worker. The course is designed for CCM® board certified case managers, insurance adjusters, and all other healthcare professionals interested in these topics.



The Day Treatment Pain Management Experience



**Friday,
November 7th, 2014**

The Doleys Clinic
Pain & Rehabilitation Center
Birmingham, Alabama

FACULTY

Leanne Cianfrini, PhD
Clinical Psychologist
Course Director

Anne Childers, CRNP
Nurse Practitioner

Jeffrey Dolce, PhD
Clinical Psychologist

Daniel Doleys, PhD
Clinical Psychologist

Rita Hughey, RN, CCM
Registered Nurse

Don Parsons, LPC, CRC
Counselor

Kathryn Turman, DPT
Physical Therapist

AGENDA

7:15—8:00 am

Registration / Breakfast

8:00—8:15 am

Kathryn Turman, DPT
Morning Stretch

8:15—9:15 am

Jeffrey Dolce, PhD
"Group Therapy"/Q&A

9:15—10:00 am

Daniel Doleys, PhD
*Class: History and Outcomes of
Multidisciplinary Pain Programs*

10:00—10:45 am

Don Parsons, LPC, CRC
"Relaxation Session"—Rationale & Practice

10:45—11:30 am

Anne Childers, CRNP and Rita Hughey, RN
*Overview of Other Topics and Pain Treatment
Modalities*

11:30—12:15

Kathryn Turman, DPT
Body Mechanics and Cardio PT

12:15—12:45

Lunch

AGENDA (continued)

12:45—1:15 pm

Kathryn Turman, DPT
Mat Stretching/Strengthening

1:15—2:00 pm

Leanne Cianfrini, PhD
Introduction to Biofeedback and Demonstration

2:00—3:00 pm

Daniel Doleys, PhD
Class: Pain Mechanisms

3:00—3:30 pm

Q&A / Panel Session

3:30—3:45 pm

Wrap-Up, Evaluation, & Adjourn

CONFERENCE OBJECTIVES

Upon completion of this educational activity, participants will be able to:

- Understand the history, rationale, and outcomes data relevant to multidisciplinary pain treatment programs
- Practice relaxation skills and proper body mechanics for reduced anxiety and muscle tension
- Discuss with clients what to expect out of cognitive-behavioral methods of pain control
- Develop an algorithm for appropriate patient referrals to such programs

Let's discover how to work together for a common goal: to help patients resume a satisfactory quality of life despite pain. Through this intensive experience, you will get a glimpse into the daily activities of a patient who attends a multidisciplinary pain management program. This workshop will provide insight into the benefits of having instructors from multiple clinical specialties, keeping a paced schedule of learning interspersed with physical activity and relaxation, and how this time together can be an invaluable source of behavioral observations for future care planning.

You will see first-hand how patients who complete intensive programs learn the skills necessary to:

- ◆ Increase physical strength, stamina, and flexibility
- ◆ Minimize pain behaviors
- ◆ Use appropriate stress management techniques
- ◆ Reduce reliance on medications and health care professionals
- ◆ Resume employment, volunteer, leisure, and/or recreational activities
- ◆ Improve social relationships

CE CREDITS

This program has been pre-approved by the Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs). The course is approved for 7.0 CE contact hours.

This conference has been pre-approved for 8.4 CE hours for Alabama Nurses.

LOCATION & ACCESSIBILITY

The Doleys Clinic is located at 2270 Valleydale Road in Hoover, Alabama, one mile from the I-65 Valleydale Road Exit.

Parking is free.

The conference site is accessible and barrier free.