

# A Behavioral Medicine Approach to Treating the Patient with Persistent Pain

According to the Centers for Disease Control and Prevention approximately 50 million American adults, 20.4 % of the U.S. adult population has chronic pain. The opioid crisis has necessitated finding other ways of managing pain than through the use of medications alone. In this workshop we will explore the phenomenon of persistent pain and strategies for dealing with both the sensory and affective components of pain. A variety of interventions from different psychological models will be introduced. The course will be Experiential as well as Didactic to ensure that the attendees learn some of the strategies directly through experiencing rather than just talking about various techniques and strategies that will be shared.

**Target Audience**  
Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Describe a multi-modal approach to teaching relaxation skills and how to create a synesthesia-based approach to relaxation.
- 2) Describe how to create a state of diffuse awareness and explain it's utility in pain management
- 3) Describe Oyle's procedure for pain reduction and identify 3 variations of the intervention.
- 4) Describe the concept of Disidentification and its utility in affect regulation
- 5) Describe how ego-state therapy can be used intervene with ego-dystonic and dysphoric emotional states.

## Seminar Schedule

Typically begins at 1:00 PM and ends at 4:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

## Outline

Begins 1 PM ET

Defining and recognizing pain and suffering and their difference

Teaching self-regulation skills for sensation

BREAK 2:30-2:45 PM ET

Teaching self-regulation skills for management of affect and cognition

Understanding and working with pain thresholds and improving performance.

End 4:15 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

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## The Presenter

Philip Appel, PhD, FASCH is the Director Emeritus of the Psychology Service of the MedStar National Rehabilitation Hospital in Washington DC. He stepped down in 2018 to just see patients after managing the Service for 37 years. He was a Behavioral Science officer in the US Army for 8 years before that. He received his Doctoral Degree from the United States International University (Now Alliant University) and did his clinical psychology internship at Walter Reed Army Medical Center. He has had a Behavioral Medicine practice for most of his career and specialized in pain management. He is past president of the American Society of clinical Hypnosis as well as a Fellow of same and has authored many book chapters and articles on the use of hypnosis in rehabilitation and pain management. He has taught workshops on mind-body interventions for over 25 years for the American Society of Clinical Hypnosis. He has integrated Buddhist and Taoist principles in his clinical practice along with the western approaches of Psychosynthesis, Gestalt therapy and Multimodal therapy.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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