

# Course Outline

## Pain Neuroscience - Exploring the science of pain & applications for the therapist



### Who is this course for?

This course is open to everyone who is interested in the science of pain.

### What do you get?

- Certificate of attendance

### Course accreditation CPD/CPE

- Massage & Myotherapy Australia
- ATMS
- IICT

## INTRODUCTION

### What Is Pain Neuroscience?

- The emergence of the Bio-Psycho-Social Paradigm in managing people in pain.
- What does this involve?
- How does this impact practitioners?

### COGNITIVE BIAS

Understanding OUR OWN cognitive and personal biases:

- How do these biases determine what we say and do with our clients?
- Are strongly held biases detrimental in managing people in pain?
- Is cognitive dissonance a good thing for the progressive therapist to experience?
- Is it important to have flexibility in our thinking?
- Recognizing our personal and work biases is an important step in developing skill.

Proximity Ethics

What current science is saying about TCM and Energy/Meridian Theory

### GOING DOWN THE PAIN NEUROSCIENCE RABBIT HOLE

Definitions Of Pain: Eastern (TCM) vs Western Perspectives

History Of Modern Pain Science: The Western Perspective:

- Pain Specificity vs Intensity Theory
- Cutaneous Receptors & Nociception
- The Dorsal Horn (spinal cord)

- Melzak and Wall- Gate Control Theory
- Clifford Wolf – Central Sensitization
- Nociception- Neuroplastic Pain- Neuropathic Pain
- Melzak & Katz – Matrix Theory
- The Brain & Its Role in Pain
- Psychology & the Sensitive Nervous System:
  - Adverse Childhood Experiences (ACES)
  - Trauma
  - Depression
  - Anxiety
  - Rumination
  - Catastrophisation
- Phenomenology & the current debate re the “brain learning pain” in persistent pain.

## A WESTERN PAIN NEUROSCIENCE PERSPECTIVE ON HOW BMT MAY HELP PEOPLE IN PAIN

Electrotherapy: Western theory & the physics behind BMT

## CLINICAL APPLICATIONS OF PAIN NEUROSCIENCE & THE BIO-PSYCH-SOCIAL PERSPECTIVE FOR THE THERAPIST

Interactor vs Operator dominant clinical interactions

Communication Skills

Therapeutic Alliance

Safety & Polyvagal Theory

Pain Loops Poster- Use with a client

Regulation of the Autonomic Nervous System- Basic clinical skills

The Importance of Incorporating Active/Motion Components When Treating Pain

## OVERVIEW & SUMMARY