



**Venue:** CrownePlaza Venice-East  
Viale della Resistenza 18/20  
30200 Quarto D'Altino VE

**Dates:** 23-24 June 2018

**Target people:** ALL

professionals dealing with people in pain (Physiotherapists, Speech therapists, Occupational therapists, Doctors, etc.)

Numbers: **min** 45\*, **max** 80

\* number of participants required to activate the course

### ECM Credits

ECM credits for those entitled

### Deadline:

(April 30th) seats still available, registrations will remain open until ending of seats

### Participation fees

**Ordinary fee:** € 440,00

**Fee with simultaneous translation (En-Ita):** € 490,00

**GTM Members:** € 397,00

**GTM members with simultaneous translation (En-Ita):** € 447,00

*Classes are in English. The fees include: participation, ECM credits (for eligible persons), teaching materials, simultaneous translation with headphones if required*

### Segreteria Organizzativa

Zefiro Formazione srls

email: [info@zefiroformazione.eu](mailto:info@zefiroformazione.eu)

mobile 380 3938831

*The data reported in this poster are updated to 23/05/2018 and may undergo some changes; refer to what is indicated on the website <https://zefiroformazione.eu/corsi-ed-eventi/elenco-corsi/explain-pain.html>*

### COURSE AIMS

1. Deliver a health education framework based on conceptual change theory and practice
2. Position Explain Pain as an evidence based fundamental core of pain treatment
3. Introduce Explain Pain narratives and the clinical reasoning process for targeted delivery
4. Teach novel, reasoned educational and multimodal treatment strategies based on the Protectometer

## Explain Pain

**Teacher:** Tim Beames, MSc BSc MCSP, UK



*Tim works in private practice and is co-founder of Pain and Performance, an organisation which focuses on the treatment of complex and persistent pain states and the provision of pain education for both the patient and health professional. Tim is the principal instructor for NOI UK and teaches the Mobilisation of the Nervous System, Neurodynamics and the Neuromatrix, Explain Pain and Graded Motor Imagery courses throughout the UK, Europe and Australia. He is also co-author of the Graded Motor Imagery Handbook along with Lorimer Moseley, David Butler and Tom Giles*

In a world experiencing an epidemic of chronic pain and increasing evidence of the failure of synthetic drugs; simple but extremely powerful educational tools can effectively target the natural pain treatment systems within us all.

Knowledge is power. In the new series of *Explain Pain* courses delivered by the NOI teams around the world, cutting edge pain sciences are made accessible and understandable for all. Participants will be taken through the latest knowledge of tissue, nerve, brain and stress effects on pain and movement.

Explaining modern neuroscience to patients is an evidence based strategy which can change pain and stress behaviours. Explaining pain is a two way process – the pain patterns, metaphors and stories from the patient's viewpoint need reasoned analysis and are critical to meeting sufferers at their story. We know more about pain in the last ten years than in the thousand years before and we are increasingly providing answers to “why do I hurt the way I do” and “what can I do about it”. The knowledge is applicable to the young and the old, from back pain to hemiplegia, general aching to the complexities of phantom pain and complex regional pain syndrome.

Decades of research and clinical experience have now been synthesised in the next step of the Explain Pain revolution – The *Protectometer*. A handbook for patients, the *Protectometer* allows a person and their clinician to map out their pain experience, understand all the many factors that affect it, and develop a tailored therapeutic education and treatment programme.

This therapy works – there are no side effects, it's available around the clock, it continues to improve and you can share it with others. These are exciting days for neuroscience, but it must be made exciting for sufferers as well.

Don't miss this unique opportunity. NOI *Explain Pain* courses are fun, intellectually stimulating, based on evidence, always challenging, and with the introduction of the *Protectometer*, you will come away with the most impressive therapeutic tool set ever.

- Inspire and engender realistic hope for health care providers, their patients and all stakeholders for improved pain treatment outcomes

**At the end of the seminar, you will have:**

- Reconceptualised pain and stress based on neuroimmunology, modern brain science and bioplasticity of homeostatic systems
- A conceptual change framework to deliver individual and group educational therapy
- An understanding of the growing evidence for explain pain and recognise opportunities to integrate explain pain with other biopsychosocial interventions.
- A collection of therapeutic narratives using metaphor, literal story and linked multimedia, and the skills to construct patient centred education interventions in real time
- The skillset to use the protectometer to identify immediately applicable and educationally informed multimodal treatment strategies
- The confidence to plan and deliver treatment for all patients with persistent pain and stress, and educate other stakeholders.

Time	Day one - Title and subsection	Day two - Title and subsection
08:30-9:00	Registration	
09:00-10:30	Setting the scene –The problem of pain –Clinical competencies –Paradigms and Explain Pain –Conceptual change science	Sensitisation – cord and brain –Central sensitization –Dynamic settings of the nervous system –Brain changes
10:30-10:45	<i>Morning break</i>	
10:45-12:15	Neurobiology for pain –Complexity ‘hardware’/’wetware’ –Representational brain –Brain mapping research	Biological coping mechanisms – other outputs –Stress and output systems –Perturbed output systems –Endocrine, immune
12:15-13:15	<i>Pausa pranzo</i>	
13:15-14:45	Issues in the tissues –Nociceptors, nociception, nociceptive pain –Inflammatory nociceptive mechanisms –Building an Explain Pain Storybook	Explain Pain evidence, assessment and curriculum –Explain Pain and its misconceptions –Explain Pain the evidence –An Explain Pain assessment –Target concepts and a curriculum
14:45-15:00	<i>Afternoon break</i>	
15:00-16:30	Nervy narratives –Key features of nerves –Essential neuroscience behind nerve injury –The nervous system as a neuroimmune system	The Protectometer –Introducing DIMS and SIMS –The Protectometer

**How to register online**

- Go to [www.zefiroformazione.eu](http://www.zefiroformazione.eu) and login to your account (or create one if not yet existing)
- Search for the event from the <Corsi ed eventi> menu
- Enter the desired event and look for the < VAI ALL'ISCRIZIONE > button
- Fill in the required fields
- Valid registration with the next payment within 5 days or different date indicated in the confirmation email.
- Payment by bank transfer to ZefiroFormazione srls c/o UnipolBanca.it - IBAN IT67P0312712000000000001215  
Report in the reason for payment: registration code received + name of participant. Requests to change data for

billing beyond 15 days from registration validation are not allowed