

# Study Days for Clinicians in Pain Management, Conyngham Hall, Knaresborough, North Yorkshire

## Speaker:

*Dr Tim Anstiss*  
*Principal Lecturer in Exercise and Behavioural Medicine, Thames Valley*  
*University,*  
*Director, Strategic Health Ltd.*

## MOTIVATIONAL INTERVIEWING IN PAIN MANAGEMENT

Monday 4<sup>th</sup> October 2004  
9.30 a.m. – 4.00 p.m.

## BRIEF INTERVENTIONS USING COGNITIVE BEHAVIOURAL THERAPY

Tuesday 5<sup>th</sup> October 2004  
9.30 a.m. – 4.00 p.m.  
Conyngham Hall, Knaresborough, North Yorkshire

**A summary of the content of each day is shown overleaf**

Cost per day:

Payment by end August           £80  
Payment by end September       £90  
Cost for both days:               £155

Lunch will be provided, sponsored by Nidd Valley Medical Ltd, Conyngham Hall, Knaresborough. There is also the opportunity to join us and other delegates for a Chinese Banquet at the Riverview Chinese Restaurant on the evening of Monday 4<sup>th</sup> October at a cost of £16.50. This covers the cost of the meal. Drinks will be available at the bar.

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Please return, with a cheque made payable to **Chronic Pain Team Endowment Fund (00004)**, to Chronic Pain Team, Phoenix Unit, Harrogate District Hospital, Lancaster Park Road, Harrogate HG2 7SX.

Name..... Position.....  
Address.....  
.....Telephone.....

Motivational Interviewing Study Day on 4<sup>th</sup> October 2004  
Brief Interventions using CBT Study Day on 5<sup>th</sup> October 2004  
Both Days  
I would like to attend the evening dinner: Monday 4<sup>th</sup> October 2004  
**Do you have any special dietary needs? Yes/No State:**  
I enclose a cheque for

Please tick	Cost (delete as applicable)
	£80/£90
	£80/90
	£155
	£16.50
<b>TOTAL</b>	

**Please return by 31<sup>st</sup> August 2004**

## **Day 1 – Motivational Interviewing**

Motivational Interviewing is described as a directive, client-centred counselling style for eliciting behaviour change by helping clients to explore and resolve ambivalence.

Compared to nondirective counselling, it is more focussed and goal directed. The examination and resolution of ambivalence is its central purpose, and the counsellor is intentionally directive in pursuing this goal.

The session will be based on exploring the concept of Motivational Interviewing and its relevance to the chronic pain patient. There will be an opportunity to practice a brief motivational interviewing technique which has proven to be effective in short assessment/treatment sessions. (Scott, Rollnick, Rees and Pill, 1995)

## **Day 2 – Brief Interventions using Cognitive Behavioural Therapy**

Day two will focus on the relationships between how patients think and how they feel and behave. It will explore the relationship between thinking patterns, skills and errors and disability. It will explain the ABCDE model of emotional disturbance, and cognitive-behaviour methods for helping patient identify and change unhelpful beliefs, belief which increase their suffering and prevent them fully engaging in the rehabilitation process.

The session will be based, in part, on explaining how therapists can make use of the excellent self-help book "mind over mood" by Christine Padesky, and how they might use this with their patients - perhaps in groups - to help their patients recover faster and better. We will talk about common co-morbidities including anxiety disorders and depression.

It will help attendees become more holistic and, as a result, quite possibly more effective.

### **Recommended Reading**

"Mind over Mood" by Christine Padesky, an excellent self help book.  
website: [www.motivationalinterviewing.org](http://www.motivationalinterviewing.org)

**A location map and details of local accommodation will be sent on enrolment.**

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## **RIVERVIEW *Chinese Restaurant - Sample Banquet Menu***

52 Bond End, Knaresborough, North Yorkshire, HG5 9AX

**Hot & Sour Soup**  
**Chicken & Sweetcorn Soup**  
**Prawn Crackers**  
**Spare Ribs with Salt & Chilli**  
**Crispy Wafer Paper Wrapped King Prawns**  
**Fried Chicken with Baby Sweetcorn**  
**Sizzling Fillet Steak with Green Peppers and Black Bean Sauce**  
**Sweet & Sour King Prawns**  
**Seafood Bird's Nest**  
**Sliced Duck with Pineapple**  
**Fried Pork with Cashew Nuts**  
**Young Chow Fried Rice**

**龍 景 軒**