



CBT in Chronic Pain

An online course suitable for all staff working with chronic pain

Tuesday 1st October 2024

- Basic principles of CBT and how it works in chronic pain
- Where does CBT fit in relation with chronic pain?
- How taking a psychological approach can affect pain
- Understanding the relationship between thoughts, emotions & chronic pain
- Understanding the techniques used to treat chronic pain
- How to deliver CBT techniques in pain management



TECHNIQUES TAUGHT CAN BE UNIVERSALLY APPLIED FOR ALL CHRONIC PAIN PATIENTS BUT CASES DISCUSSED WILL HAVE A HAND FOCUS

Course lead: Vicky Lucas
Cognitive Behavioural Therapist at the Pulvertaft Hand Centre

Venue : Online access via Zoom—

4.5hrs webinar to watch BEFORE live session and live 3hrs session via ZOOM on 1st October

Day rate £ 60.00

Includes: 4.5hrs webinar to watch BEFORE the live session
6 CPD points

To apply and pay online please go to:

www.pulvertafthandcentre.org.uk



University Hospitals of Derby and Burton
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