

The Minnesota Psychological Association cosponsors Friday Forums with Metropolitan State University Psychology Department

FIRST FRIDAY FORUM

Friday, January 10, 2020

Note: This is the second Friday of the month

CBT for Chronic Pain - Helping Patients Stop Catastrophizing and Start Exercising

Dr. Efrat Eichenbaum, Ph.D., LP

Registration: 8:30 – 9:00 a.m.

*This session is at the intermediate level
and is designed for psychologists and other
mental health professionals.*

Location:

Metropolitan State University – St. Paul Campus Auditorium
700 East Seventh St., St. Paul, MN 55106

Program: 9:00 a.m. – 12:00 p.m.

About the Program:

This program qualifies for 3.0 continuing education credits.

Approximately 20% of Americans experience chronic pain (Dahlmer, et al., 2018), and the demand for non-opioid chronic pain treatments has increased (Winerman, 2018). Unfortunately, there is a shortage of psychologists trained in this field (Darnall, et al., 2016), and given the complexity of pain, working with chronic pain patients can be intimidating. Despite these barriers, mental health providers can play a significant role in helping patients manage their chronic pain and achieve improved functioning and quality of life. CBT for Chronic Pain (CBT-CP) is a manualized, time-limited, evidence-based therapy for patients with chronic pain. CBT-CP is a relatively straightforward approach that combines general CBT principles with elements specific to a chronic pain population (e.g., pain catastrophizing, the “push, crash, and burn” cycle). CBT-CP can be adapted to accommodate the needs of diverse patients, such as individuals with disability or limited financial means. This program provides a basic overview of CBT-CP and highlights some unique aspects of working with chronic pain populations (e.g., managing pain flares, addressing pain behaviors). Case discussions featuring ethical and diversity considerations will also be provided.

Participants will be able to:

1. Recognize the rationale and structure of CBT for Chronic Pain, including some unique elements of therapy for patients with chronic pain (e.g., pain catastrophizing, the “push, crash, and burn” cycle).
2. Identify common barriers to CBT-CP treatment adherence and describe strategies for addressing these barriers.
3. Describe strategies for adapting CBT-CP to better serve patients from culturally diverse backgrounds.

About the Presenters:

Dr. Efrat Eichenbaum, Ph.D., LP, received her Ph.D. in Clinical Psychology from Drexel University. She is a fellowship trained rehabilitation psychologist at United Pain Center (UPC), part of Allina Health. At UPC, Dr. Eichenbaum provides assessment, consultation, and a range of evidence-based therapy services, most frequently CBT for Chronic Pain. Dr. Eichenbaum is committed to evidence-based practice, professional service, and training in psychology; she is actively involved in APA Division 22 (Rehabilitation Psychology) and serves as an APA Internship Site Visitor.

The speaker has indicated she does not have any conflicts of interest.

Please note: You must attend the full 3-hour program to get continuing education credit for the event.

About First Friday Forums:

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

EARLY BIRD SPECIAL FEES: Register up to two weeks before the event, and receive a discount rate: Members = \$45, Non-members = \$65, Students = \$15. Registration fee includes refreshments, program materials, and CE certificate.

REGULAR REGISTRATION: Registrations received 2 weeks or less prior to the start of any Friday Forum will increase to: Members = \$55, Non-members = \$75, Students = \$25.

CONFIRMATION/CANCELLATION: Registrations are confirmed by receipt of forms on a first-come, first-served basis. You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

ACCESSIBILITY ACCOMMODATIONS: If you need disability related accommodations, including parking, to make this event accessible, please contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or Accessibility.Resources@metrostate.edu.



REFUND POLICY: A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. Transfer of fee to another program is granted if written cancellation notice is received at least one day before the program. No refund or transfer is given the day of the program.

WEATHER-RELATED CANCELLATION POLICY: On rare occasions, classes and events may be cancelled due to severe weather or other conditions. The decision to cancel events is made as early in the day as possible. If events are cancelled, an announcement is posted on the Metropolitan State Web site, www.metrostate.edu. Announcements are made on several radio stations including the following AM stations: WCCO-830, KSTP-1500, KRSI-950, KFAN-1130, KDWB 630, WWTC-1280 and the following FM stations: KQRS-92.5, KS95-94.5, KNOW-91.1. Attendees may also call the MPA office at 952-928-4657.

MPA First Friday Forum • January 10, 2020

Name: _____ Degree: _____ Licensure: _____

Institution/Agency: _____

Address: _____

City/State/Zip _____ Please check: Home Work

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Phone: _____ Please check: Home Work Fax: _____

If you register **by** January 3, select the **Early Bird Registration** Fee: MPA member: **\$45** Non-member: **\$65** Student: **\$15**

If you register **after** January 3, select the **Regular Registration** Fee: MPA member: **\$55** Non-member: **\$75** Student: **\$25**

Total Amount Enclosed: \$ _____

Check (made payable to MPA) Visa MC American Express

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or Register online @ www.mnpsych.org

Return To:

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LOCATION: Metropolitan State St. Paul Campus Auditorium

Directions

From west: I-94 to the Mounds Boulevard (left lane) exit, straight ahead on Sixth Street one block to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

From east: I-94 to the Mounds Boulevard exit; turn right at Sixth Street to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

Bus

Bus Route: 61, 69 (Minneapolis and St. Paul); 63 (St. Paul)
These buses may have any terminal letter.

Parking

St. Paul Campus-Parking is available in a lot on Maria Avenue, directly across from the campus. The parking fee at the St. Paul Campus is \$5/day.

Handicapped-accessible parking

Contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or Accessibility.Resources@metrostate.edu.

