

Novel Behavioral Interventions for Pain

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Presented By:

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This webinar provides an introduction to novel behavioral approaches used for managing pain in patients with advanced disease. It is divided into three sections. The first section provides a conceptual background on pain that highlights the evolution of pain theories from traditional biomedical models to more modern theories (e.g. the neuromatrix theory of pain) that posit that pain is a complex experience that has sensory, cognitive, affective, and behavioral dimensions. The second section of the webinar provides an overview of novel programs of research on behavioral pain management. This section highlights interventions and lessons learned from the programs of research being conducted with patients having advanced disease by investigators in the Duke Pain Prevention and Treatment Research Program. Interventions to be discussed include: a) pain coping skills training at end of life, b) partner- and couples-based interventions, c) a protocol for pain management that integrates coping skills training and acceptance and commitment therapy, and d) a meaning-centered intervention for enhancing the sense of meaning when faced with persistent pain. The final section of this Webinar highlights important issues related to the use and study of behavioral pain management interventions. Clinical, research, and public health policy issues will be addressed.

Learning Objectives:

- To demonstrate a better understanding the limitations of traditional biomedical approaches to pain by listing two limitations of these approaches.
- To describe two implications of modern pain theories for clinical practice.
- To identify three key components of pain coping skills training protocols.
- To identify important clinical issues related to incorporating behavioral pain management into the care of patients with advanced disease.

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