

# Improving Pain Treatment with Pain Education and Mindfulness

Presented by Carolyn McManus, PT, MS, MA

*Lecture and Lab • Eight contact credit hours, 0.8 CEU*

Saturday, April 7, 2018 • 8 a.m. to 5 p.m.

Jefferson Healthcare, Dirksen Auditorium  
834 Sheridan St, Port Townsend



This course will provide you with an introduction to both evidence and practical skills to help you more effectively treat patients with persistent pain and take steps to prevent chronic pain. The medical literature suggests that pain neurophysiology education can improve function and mindfulness-based therapies can reduce pain intensity, depression and anxiety in individuals with chronic pain. This course will introduce you to these treatment strategies. You will practice mindful breathing, body scan and movement and learn skills to apply mindful awareness to teaching patients body awareness, exercise and the self-regulation of reactions to pain. You will return to your clinic with the ability to explain the benefits of mindful awareness to your patients and introduce mindfulness-based principles for pain relief that can help both prevent and treat chronic pain conditions. In addition, you will learn self-care skills to avoid burn-out and promote your own well-being.

## Course Objectives

- Be able to define mindful awareness and describe four mindful awareness training activities.
- Be able to discuss the research examining the role of mindful awareness training in pain treatment and the evidence for role of cognitions, emotions and stress in the modulation of pain.
- Be able to instruct a patient in the basic qualities of mindful attention and integrate qualities of mindful attention when instructing patients in body awareness, breathing, exercise and walking.

## Registration Rates

### EARLY BIRD RATE - Registrations received by March 22

\$140 .....PT/OT - APTA or WOTA member  
\$112 .....PT/OT - APTA/WOTA member and  
Jefferson Healthcare employee  
\$105 .....PTA/OTA - APTA or WOTA member  
\$84 .....PTA/OTA - APTA/WOTA member and  
Jefferson Healthcare employee  
\$95 .....Student, Life or Retired APTA Member  
\$200 .....Nonmember

### REGULAR RATE - Registrations received March 23-April 7

\$215 .....PT/OT - APTA or WOTA member  
\$187 .....PT/OT - APTA/WOTA member and  
Jefferson Healthcare employee  
\$180 .....PTA/OTA - APTA or WOTA member  
\$159 .....PTA/OTA - APTA/WOTA member and  
Jefferson Healthcare employee  
\$170 .....Student, Life or Retired APTA Member  
\$275 .....Nonmember

## Speaker Biography

Carolyn McManus has specialized in the care of patients with persistent pain throughout her 30+ year career.

She received her master's in physical therapy from Duke University and in psychology from Antioch University, and has completed an advanced MBSR Teacher Training Program offered at the University of Massachusetts Center for Mindfulness.

She works in the Outpatient Rehabilitation Department at Swedish Medical Center in Seattle, as a meditation instructor on David Kearney, MD's research team at the VA Puget Sound Healthcare System in Seattle and teaches MBSR in a randomized trial for veterans with a wide range of health problems, including chronic pain. Also, she is an instructor for Herman and Wallace.

She is president of the American Physical Therapy Orthopaedic Section's Pain Management Special Interest Group and is a member of PTWA's Chronic Pain/Opioid Alternative Task Force.

## Course Schedule

7:30 - 8 a.m. ....Registration /check in  
8 a.m. - Noon ....Course begins  
Noon - 1 p.m. ....Lunch break  
(lunch on own)  
1 - 5 p.m. ....Course continues

Register for the course online at: [www.ptwa.org/conference](http://www.ptwa.org/conference)

# PTWA One-day District Course Registration Form

Saturday, April 7, 2018 • Jefferson Healthcare • Dirksen Auditorium • 834 Sheridan St • Port Townsend, WA

## HOW TO REGISTER:



Mail registration form to:  
208 Rogers St NW  
Olympia, WA 98502-4952



Register online at:  
[www.ptwa.org/conference](http://www.ptwa.org/conference)

Name for Nametag \_\_\_\_\_  
Company \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Work Phone (\_\_\_\_\_) \_\_\_\_\_  
Home Phone (\_\_\_\_\_) \_\_\_\_\_  
Email Address \_\_\_\_\_  
Special needs: \_\_\_\_\_

APTA Member # \_\_\_\_\_  Nonmember

CHECK  PT/OT  PTA/OTA  
ALL  Jefferson Healthcare Employee  
THAT  
APPLY:  Student, Life or Retired Member

All APTA members eligible for discounted member rates, regardless of chapter membership. Members must be a member in good standing as of the date of the conference to be eligible for member rate. New APTA members who do not yet have a member number must submit a copy of their membership application to receive the member rate. WOTA members, please email proof of membership to [conference@ptwa.org](mailto:conference@ptwa.org).

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### Early Bird Rates

Registrations received by March 22

PT/OT - APTA/WOTA Member	\$ 140
PT/OT - APTA/WOTA Member - Jefferson HC Employee	112
PTA/OTA - APTA/WOTA Member	105
PTA/OTA - APTA/WOTA Member - Jefferson HC Employee	84
Student, Retired or Life APTA Member	95
Nonmember	200

### Regular Rates

Registrations received between March 23 and April 7

PT/OT - APTA/WOTA Member	\$ 215
PT/OT - APTA/WOTA Member - Jefferson HC Employee	187
PTA/OTA - APTA/WOTA Member	180
PTA/OTA - APTA/WOTA Member - Jefferson HC Employee	159
Student, Retired or Life APTA Member	170
Nonmember	275

## Payment

TOTAL: \$ \_\_\_\_\_  Check enclosed (payable to PTWA)

AMEX / VISA / MASTERCARD Credit Card # \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Exp. Date \_\_\_\_\_ / \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_ Cardholder Name: \_\_\_\_\_

REGISTRATION FEES: Includes admittance to the course, course handouts and break refreshments. Lunch is not included. In order to qualify for the member registration rates, you must be a member in good standing as of the date of the course. Registrants who have a membership expiration date prior to course must provide proof of membership before the end of the course or they will be subject to paying the nonmember rate. New APTA members who do not yet have a member number please submit a copy of your membership application form to receive the member rate.

STUDENT MEMBER RATE: Student Rates apply to APTA member students who are PTWA members, enrolled in a Washington state PT or PTA program, or doing affiliate work in Washington state.

CANCELLATIONS AND SUBSTITUTIONS: To cancel, call the PTWA office at (360) 352-7290, ext. 13. Cancellations received by March 22 will be refunded the full fee less a \$25 administrative fee. Cancellations between March 23 and April 2 will receive a 50 percent refund. There will be no refunds after April 2. If there is no waiting list, substitution by a registrant whose fee is of equal or lesser value may be accepted at the discretion of PTWA staff. We cannot accept substitutions if we have a waiting list. In the unlikely event that PTWA cancels this course, our liability will extend only to the amount you paid for your registration.

SPECIAL NEEDS: If you have any special needs, please let us know by April 2.