

The size of the problem...

In Australia it is predicted that overall workforce participation will diminish due to important demographic factors such as the increasing age of the population and shortages of skilled labour. Another influence that determines workforce participation in Australia is long-term disability due to persistent pain. This phenomenon is noted to occur particularly within personal injury compensation systems. In fact, chronic pain as a barrier to returning to work is a major concern in most industrialised countries. The annual cost of chronic pain to work productivity in Australia is estimated to be AUD 5.1 billion, a sum that includes absenteeism and reduced effectiveness at work due to pain¹.

The challenge for rehabilitation professionals

Working with people in long term pain within compensation systems is challenging. The industry is fluid and professionals burn out and leave. This newsletter is provided as a resource towards helping rehabilitation professionals become more effective in their difficult work as they discover new ways of thinking to improve their work, and also to protect them against burnout.

The SquareCogs Project...

..aims to create a space and opportunity for rehabilitation professionals to look at their work with people in pain differently, with hope, and in the knowledge that they can have a powerful relationship with their client in pain, a relationship that has enormous potential for healing.

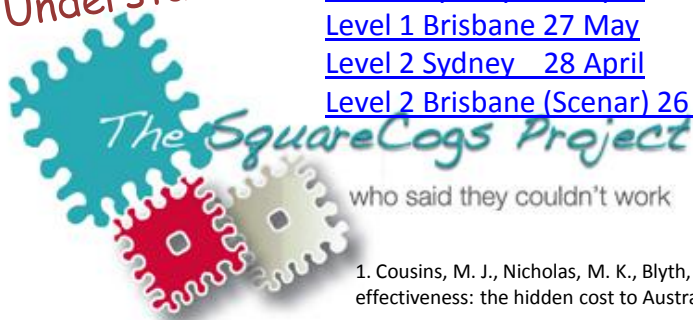
Understanding Chronic Pain Workshops

[Level 1 Sydney 29 April](#)

[Level 1 Brisbane 27 May](#)

[Level 2 Sydney 28 April](#)

[Level 2 Brisbane \(Scenar\) 26 May](#)



News, resources & events for rehabilitation professionals who work with people in pain

[Demystifying Mindfulness.](#) Mindfulness meditation is an approach to managing pain that many people find helpful. This article discusses its use. Rehabilitation professionals are encouraged to consider using aspects of mindfulness in their work with people in pain, but also to consider the benefits for themselves.

[My Brain, My Pain.](#) Who hasn't wished they could watch their brain at work and make changes to it? This article introduces some interesting research about what the brain does when we experience pain.

[Chronic in the Kitchen.](#) "I like to cook and bake. However, I found that a lot of recipes – while tasty – had a lot of preparation and were quite time- and energy-consuming – to make. " This website offers "Fast, easy, health recipes and tips for cooking (and living) with chronic pain and fatigue" with a sense of humour. Our clients often have difficulty in the kitchen. This blog has some great tips!

The Understanding Chronic Pain Workshop is a day of discovery – learn of the amazing processes that contribute to chronic pain and what you can do to become part of the solution rather than the problem. The level 1 seminar reviews the principles involved in understanding chronic pain and the skills needed to help clients living with pain. It is the pre-requisite for Levels 2 and 3 seminars which go deeper in to the practice needed to achieve mastery in the field.

1. Cousins, M. J., Nicholas, M. K., Blyth, F. M., March, L. M., & van Leeuwen, M. T. (2006). Chronic pain and reduced work effectiveness: the hidden cost to Australian employers. *European journal of pain (London, England)*, 10(2), 161.

FREE STUFF ON THE WEB

[Pain Action – a free online web based pain management resource](#) This website is a must explore! It comprehensively takes you through a system designed around your particular pain problem and which helps you learn how to manage your pain. We highly rate this resource. There are lots of interesting articles, for example:

[Adding fun to your life](#) “Researchers have found that pain actually decreases when people experience more positive emotions.” This article reviews the value of scheduling some fun in your day if you are living with pain, and explains the physiological benefits.

[Pain Journal from the American Pain Foundation](#) “This easy-to-use Pain Notebook was created to help you record your pain experience (when it occurs, for how long, the level and type of pain, possible triggers, etc.), its impact on day-to-day life (what activities you can or cannot do), and how you respond to various treatments over time, including side effects and improvements in daily function and emotional wellness”.

Chronic Pain News

[Western Australia leads the way internationally](#) in government mandated guidelines to address timely and appropriate treatment for the management of chronic pain.

[Chronic Pain Australia launches pilot](#) “Give Silent Pain A Voice” systemic advocacy program in Sydney to raise awareness of chronic pain and reduce the associated suffering in the community.

[Yoga, tai chi, qigong](#) and other exercises appear to help people suffering from painful problems.

JOURNAL WATCH

Deyo, RA, Mirza, SK, Turner, JA & Martin, BI (2009) [Overtreating chronic back pain: Time to back off?](#) *Journal of the American Board of Family Medicine*, 22:1. “Chronic back pain is among the most common patient complaints. Its prevalence and impact have spawned a rapidly expanding range of tests and treatments. Some of these have become widely used for indications that are not well validated, leading to uncertainty about efficacy and safety, increasing complication rates, and marketing abuses..”

Understanding Chronic Pain Workshops

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Participants say:
“I am going to use so much of what I have learned in this workshop today, thanks”

“it was great to be able to talk about some of the challenges I experience every day as a rehab consultant. I feel I now have some real and useful tools to use...”

“since undertaking the Level 1 workshop my relationships with people in pain are on a different level, there is much more partnership and we are moving towards work goals in a whole new way”

“Thank you for helping me understand what I have been grappling with for years”



Understanding Chronic Pain

an INTERACTIVE workshop *for rehabilitation professionals*

Level 2 : introducing *REAL* clients into the training experience

28 April 2011: 9am – 4.30pm lunch included

**\$260 Early Bird
Before 24.3.11**

Macarthur House, Parramatta, Sydney

This workshop aims to help rehabilitation professionals create greater capacity to assist people in pain move along the spectrum towards self management of chronic pain. It is necessary that applicants for this program have already completed Level 1 as this workshop will build upon the principles covered in that workshop. Although there will be a short overview, this workshop will assume the knowledge from Level 1 and move on from there to explore more practical experiences with people in pain, and the afternoon session will be spent in workshop with *real* clients living with *real* chronic pain. Working with real clients is an exponentially effective learning experience. This seminar will also help clarify aspects of the self for rehabilitation professionals which will buffer them against stress and burnout working with this group of clients.

At the end of this one day seminar, participants will have achieved these learning objectives:

1. Participants will overview latest developments in chronic pain research.
2. In the context of working with real clients, participants will undertake practical training to develop skills in explaining pain to their clients
3. Participants will undertake experiential training to develop strategies to enhance the therapeutic relationship

Morning session

Welcome and introduction – participants experiences in the field since Understanding Chronic Pain level 1

New research that has implications for rehabilitation practice with people living with pain

Explanatory model review and practice

Forum, sharing and planning for assessment and education session

Afternoon session

Improving practice 101 - assessment

Improving practice 102 - education

Improving practice 103 - The pain rehabilitation pallet / feeders and soothers for chronic pain

Putting it all together – next steps? Lessons learned today.

FAX YOUR REGISTRATION TO (02) 8580 5159

www.squarecogs.com.au

About Coralie Wales, your workshop presenter

Coralie Wales is well known for innovation in educational programs for rehabilitation professionals. She has developed consumer-centred pain management services for over a decade providing consulting services to employers, insurers, rehabilitation providers and treatment providers to improve outcomes for all parties. Coralie's PhD research has investigated Australian vocational rehabilitation service provision challenges in the context of chronic pain. She has taught chronic pain related subjects at the University of Sydney and is a regular provider of continuing education about chronic pain management for health professionals. Coralie has a deep understanding of the challenges for all stakeholders in the provision of rehabilitation services within Australian statutory compensation systems. She is the President of Chronic Pain Australia. In this role she led the organisation in the development of the National Pain Strategy in partnership with the Faculty of Pain Medicine and the Australian Pain Society. She has recently participated in the International Pain Summit in Canada on behalf of Chronic Pain Australia.

General Enquiries: phone Phillipa or Rene on 02 9890 6988 office@squarecogs.com.au
Fax registration form to 02 8580 5159 or post to Macarthur House 8 Melville St Parramatta 2150

REGISTRATION DETAILS

Payment details:

Enclosed is my cheque for \$_____ payable to SquareCogs.

Charge \$.....to

Visa Mastercard AMEX (NB: AMEX attracts a surcharge of 5s%)

Card No:

Name of Cardholder:.....

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Cancellation policy

Your registration will be confirmed in writing when full payment is received. We will refund your registration in full less a \$99 administration and processing fee if notification is received in writing by 1.4.11. If cancellation advice is received between 2.4.11 and 7.4.11 you will receive a 50% refund and workshop notes. Regrettably no cancellation refund of any kind is possible after 7.4.11

Early bird \$260

Standard \$320

Please make cheques payable to SquareCogs and send to 8 Melville St Parramatta NSW 2120



Title: _____

Surname: _____

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Organisation: _____

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You must register and pay before 24.3.11 to receive the early bird rate. SquareCogs reserves the right to cancel or postpone this event if circumstances require. The information collected is for the purpose of processing your registration or enquiry and keeping you informed. The provision of this information is voluntary.

Phone: 02 9890 6988
Fax: 02 8580 5159
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Understanding Chronic Pain

an INTERACTIVE workshop *for rehabilitation professionals*

Level 1 : principles of working with clients living with chronic pain

29 April 2011: 9am – 4.30pm lunch included

**\$240 Early Bird
Before 24.3.11**

Macarthur House, Parramatta, Sydney

Chronic pain following soft tissue injuries costs work productivity in Australia approximately AUD5.1billion per year. In NSW, claims which resulted in permanent impairment were estimated to cost AUD109 million in 2007. Much of this cost blow out results from inadequate understanding of how chronic pain works and what rehabilitation professionals can do about it. **We introduced this program last year and have made this one day workshop a lot more interactive.** Join us for a day of discovery – learn of the amazing processes that contribute to chronic pain and what you can do to become part of the solution rather than the problem. This level 1 seminar reviews the principles involved in understanding chronic pain and the skills needed to help clients living with pain. Levels 2 and 3 seminars go deeper in to the practice needed to achieve mastery in the field.

At the end of this one day seminar, participants will have achieved these learning objectives:

1. A broad understanding of the implications of the complex physiology of pain for those living with it.
2. An awareness of their own role in the client's chronic pain
3. An understanding of what is considered to be best practice approaches to chronic pain management
4. An understanding of the meaning of evidence and the relevance for various interventions for chronic pain

Morning session

Welcome and introduction – what is chronic pain? pain as a 'SuperSystem'. Who gets chronic pain / can I help?

The research into the lived experience of chronic pain - implications for us as rehabilitation professionals

The complex neurobiology of chronic pain / models used in compensation systems

Multiple body system involvement

Afternoon session

Improving practice - what are the elements of living with pain successfully

A toolkit for helping the client living with chronic pain – based on research

The pain rehabilitation pallet / feeders and soothers for chronic pain

Putting it all together – next steps? Lessons learned today.

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Signature:.....Expiry Date:

Cancellation policy

Your registration will be confirmed in writing when full payment is received. We will refund your registration in full less a \$90 administration and processing fee if notification is received in writing by 1.4.11. If cancellation advice is received between 2.4.11 and 7.4.11 you will receive a 50% refund and workshop notes. Regrettably no cancellation refund of any kind is possible after 7.4.11

Early bird \$240

Standard \$299

Please make cheques payable to SquareCogs and send to 8 Melville St Parramatta NSW 2120



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Title: _____

Surname: _____

First Name: _____

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Position: _____

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Professional discipline: _____

You must register and pay before 24.3.11 to receive the early bird rate. SquareCogs reserves the right to cancel or postpone this event if circumstances require. The information collected is for the purpose of processing your registration or enquiry and keeping you informed. The provision of this information is voluntary.

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Understanding Chronic Pain

for health professionals

Level 1 : working with clients living with chronic pain

27 May 2011: 9am – 4.30pm lunch included

**\$340 Early Bird
Before 8.4.11**

Customs House, Brisbane, Queensland

Following the successful launch of this series in Sydney, we are proud to announce we will be launching our first Level 1 workshop in Brisbane. As you know, chronic pain following soft tissue injuries costs work productivity in Australia approximately AUD5.1billion per year. Much of the cost blow out results from inadequate understanding of how chronic pain works and a lack of understanding about what rehabilitation professionals can do about it. Join us for a day of discovery – learn of the amazing processes that contribute to chronic pain and what you can do to become part of the solution rather than the problem. This level 1 seminar reviews the principles involved in understanding chronic pain and the skills needed to help clients living with pain. Levels 2 and 3 seminars go deeper in to the practice needed to achieve mastery in the field, and require participants to have undertaken Level 1 as a pre-requisite.

At the end of this one day seminar, participants will have achieved these learning objectives:

1. A broad understanding of the implications of the complex physiology of pain for those living with it.
2. An awareness of their own role in the client's chronic pain
3. An understanding of what is considered to be best practice approaches to chronic pain management
4. An understanding of the meaning of evidence and the relevance for various interventions for chronic pain

Morning session

- 9am Welcome and introduction – what is chronic pain? Types of pain / pain as a 'SuperSystem' / who gets chronic pain/ can I help?
- 10am The physiological process: Multiple body systems engagement in chronic pain - the incredible interconnected roles of the nervous, immune and endocrine systems / The critical nature of context as part of the SuperSystem.
- 11am **Morning tea**
- 11.20am Supersystem continued / Helping the client in pain -the pain rehabilitation pallet – feeders and soothers – lifestyle factors – the role of education – the role of credibility
- 12.30 Evidence – what is it? How do I judge it? Evidence for interventions for chronic pain – pharmacological, therapeutic, surgical, spinal & psychological
- 1.30pm **Lunch**

Afternoon session

- 2.30pm Practical skills 1 – assessment - overview of communication skills – using helpful resources and exploring strategies to enhance working with people in pain.
- 3pm Practical skills 2 - integrating the neurobiology with communicating with people in pain - dealing with contextual factors employer, the family
- 4pm Forum and questions

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Registration: fax to 02 8580 5159 or email to office@squarecogs.com.au

UCPL1 Brisbane 27.5.11 REGISTRATION DETAILS

Payment details:

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Visa Mastercard AMEX (NB: AMEX attracts a surcharge of 3%)

Card No:

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Cancellation policy

Your registration will be confirmed in writing when full payment is received. We will refund your registration in full less a \$110 administration and processing fee if notification is received in writing by 15.4.11. If cancellation advice is received between 16.4.11 and 21.4.11 you will receive a 50% refund and workshop notes. Regrettably no cancellation refund of any kind is possible after 21.4.11.

Early bird \$340

Standard \$399

Please make cheques payable to SquareCogs and send to 8 Melville St Parramatta NSW 2120



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Title: _____

Surname: _____

First Name: _____

Address: _____

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