

**Fortbildung im Rahmen der JHV 2017 am 07./08. Okt 2017 (Sa ab 9:00 Uhr, So bis 16:00 Uhr)**

## **„The Pain Picture – Exploring Complex Pain States “**

**Referent: Tim Beames, MSc BSc (Hons) MCSP**

**Ort: Hochschule Osnabrück, Raum FA 0040, Caprivistr. 1, 49074 Osnabrück.**

Teilnahmegebühr: DVMT e.V. Mitglieder: 250 EUR; Nicht-Mitglieder: 300 EUR

### **Instructor**

#### **Tim Beames MSc BSc (Hons) MCSP**

Tim is a London based chartered physiotherapist. His career began in the NHS, which involved clinical specialist roles and setting up and running condition management programmes. He now consults for people with complex and persistent pain problems from all over the UK. He is co-founder of Pain and Performance and is the principal instructor for the Neuro Orthopaedic Institute in the UK, which sees him teaching internationally. He is co-author of the Graded Motor Imagery Handbook (2012) alongside Lorimer Moseley, David Butler and Tom Giles and has also co-authored the cervical chapter in Maitland's Vertebral Manipulation (2013) with Robin Blake. He also holds a Masters degree in Pain: Science and Society from Kings College London. He is due to begin his PhD (October 2016) under the supervision of Mick Thacker exploring predictive processing in persistent pain.



### **The Pain Picture – Exploring Complex Pain States**

The last few decades have brought about a wealth of discovery in pain sciences. Clinicians and patients are recognising the value in bringing findings from research with imaging; lab techniques; and observational and behavioural experiments to better understand pain in a clinical setting.

Pain is an experience, not a sensation. A broad framework is required to understand the place of biological and behavioural responses that occur when someone experiences pain. Inviting philosophical thinking allows us to go some way to link these bodily mechanisms with the self.

This 2-day course explores complex pain states by considering the dynamical interactions of brain, body and world. It uses a predictive processing model as the reference point to understand the experience and perception of the person in pain. The course will examine novel bedside tools in the examination of the person in pain, including the use of components of Graded Motor Imagery, two-point discrimination and localisation of touch. Treatment ideas will take consideration of the findings from these tests (possibly incorporating them) and the need to understand dose-titration of the treatment.

### **Course objectives**

After this course you will be:

1. Aware of predictive processing as a model to understand persistent pain
2. Able to identify embodiment changes in a pain state
3. Able to perform basic bedside perceptual tests
4. Able to consider the rationale for appropriate treatment techniques

### **Course Outline**

A mix of theory & practical sessions covering:

- Predictive processing, context sensitivity and generative models
- First-person perspective of the sufferer
- Bedside tools to understand embodiment – bringing science into the clinic
- Treatment considerations for the manual therapist in the rehabilitation setting