



Cognitive Functional Therapy (CFT) for patient-centered management of persistent lumbo-pelvic pain.

A 3-day interactive clinical workshop

- **Dates:** 11 – 13 September 2020
- **Hours:** 21 hours
- **Directed to:** Physiotherapist
- **Timetable:** from 9:00 till 17:45
- **Price:** 590 € / 550 € for early bird before 15th January 2020
- **Last day for inscriptions:** 1st June 2020
- **Location:** Barcelona (Spain)
- **Language:** English with live translation into Spanish

*If interested send an email to: info@centroinspira.es

Introduction:

Peter O'Sullivan and his international team has developed an assessment and intervention approach called '*Cognitive Functional Therapy*' (CFT). CFT is an approach to the management of lumbo-pelvic pain disorders that considers factors across the biopsychosocial spectrum that contribute to the development and maintenance of a pain disorder. It provides a logical framework allowing skilled clinicians to diagnose, triage and target management where appropriate. CFT integrates cognitive strategies and functional rehabilitation to change provocative movement and cognitive behaviours that provoke and maintain pain.

This approach has been developed through a combination of synthesis of contemporary scientific literature and a body of original research led by Prof Peter O'Sullivan and a collaborative team of international researchers. There is emerging evidence that the CFT approach provides better clinical outcomes than current best clinical practice in the management of non-specific chronic spinal pain.

The workshop is dynamic, interactive and practical. It includes patient demonstrations, clinical reasoning and equips clinicians to develop skills in diagnostics as well as the design of CFT interventions.

Be prepared to change your beliefs about low back pain if you sign up for this workshop.

Speaker is Wim Dankaerts. Wim is a certified CFT educator. He is both, a highly skilled clinician, leading clinical researcher and dynamic educator.

Objectives:

The aims of this unique 3 day workshop are listed below. On completion of this interactive clinical workshop, participants will:

1. Gain knowledge on common beliefs on persistent low back pain.
2. Gain knowledge on their own beliefs on persistent low back pain.
3. Gain knowledge on the current evidence for managing persistent non-specific low back pain.
4. Develop a contemporary understanding of the bio-psycho-social factors that underlie complex low back pain disorders.
5. Develop an understanding of a multi-dimensional approach to the classification of complex low back pain disorders based on patho-anatomical, physical, neurophysiological, familial/genetic and psychosocial factors.
6. Develop assessment (diagnostic) skills in the application of a multi-dimensional clinical reasoning framework (MD-CRF) to examine patients with complex LBP disorders.
7. Identify key barriers to recovery from chronic low back pain using this novel clinical reasoning approach.
8. Develop skills in designing and implementing Cognitive Functional Therapy (CFT) interventions.
9. Demonstrate how to target the key modifiable barriers to recovery from chronic low back pain using this novel clinical reasoning approach.
10. Experience the integration of the MD-CRF based on both live patient demonstrations and discussing case studies.

Program:

Day 1:

- Welcome of participants.
- Introduction Myths and facts: What are current beliefs regarding back pain? What is the current management for back pain?
- A novel Multi-Dimensional Clinical Reasoning Framework (MD-CRF) for the management of complex back pain disorders: introduction
- MD-CRF: staging of LBP/ specific versus non specific LBP
- MD-CRF: mechanical versus non-mechanical pain behaviour / pain types
- Summary of the day, questions and discussion

Day 2:

- Summary of day 1, questions and discussion
- MD-CRF: cognitive and psychological factors / social factors
- Live patient 1 demonstration
- MD-CRF: life style / individual considerations/ general health and co-morbidities
- MD-CRF: pain related functional behaviours
- Summary of the day, questions and discussion

Day 3:

- Summary of the previous day, questions and discussion
- MD-CRF: pain related functional behaviours (continued)
- Live patient 2 demonstration
- Developing targeted CFT intervention
- Developing targeted CFT intervention II
- Summary of the course, questions and discussion

Teacher:



Wim Dankaerts, is Professor in Musculoskeletal Rehabilitation and member of the Musculoskeletal Rehabilitation Research Unit, Department of Rehabilitation Sciences, Faculty of Kinesiology and Rehabilitation Sciences, University of Leuven where he teaches undergraduate and post graduate musculoskeletal physiotherapy, supervises higher degree research and conducts research in musculoskeletal pain disorders. Wim Dankaerts is a specialist in musculoskeletal physiotherapy, and is both a clinician and a researcher.

His extensive clinical experience over a period of more than 25 years generated a major research interest in *chronic low back pain*. Wim Dankaerts has published a total of 55 peer-reviewed articles, presented or participated in more than 50 conference papers, and been a key/invited speaker at more than 30 conferences. He received invitations from National Physiotherapy Associations to conduct clinical workshops in Musculoskeletal Physiotherapy in Australia, Brasil, Taiwan, Dubai, South Africa, Netherlands, Sweden, Scotland, United Kingdom, Ireland, Switzerland, Saudi Arabia, United States, Norway, Germany.



Links of interest

Website: <http://www.pain-ed.com/>

Podcasts: <http://podcast.healthywealthysmart.com/2015/05/153-dr-wim-dankaerts-cognitive-functional-therapy/>

Youtube videos: <https://www.youtube.com/watch?v=uZF5swxUIQw>

Twitter: [@WimDankaerts](https://twitter.com/WimDankaerts)