This course provides healthcare professionals with understanding and skills of Motivational Interviewing (MI), Cognitive Behaviour Therapy (CBT), Mindfulness and Acceptance and Commitment Therapy (ACT) in the treatment and management of patients with pain. It is particularly relevant for Physiotherapists, Occupational Therapists, Sports Therapists, Osteopaths, Chiropractors, Nurses and GPs.

Course aims
The course aims to teach how healthcare professionals can incorporate MI, CBT, Mindfulness and ACT in their treatment and management of patients with pain. This is particularly important when implementing psychologically informed approaches, such as those recommended by NICE (2016) for low back pain.

Content
The course will introduce the principles of each approach and focus on the application in clinical practice. It includes opportunities to try out a range of techniques in a supportive environment.

Assessment
This is a stand-alone course, but participants can opt to gain credits for this course by taking an assessment. This option is available to qualified health professionals with a degree or professional equivalent. Assessment is undertaken via a 25-minute viva presentation. This will take place on either Tuesday 11th or Wednesday 12th September 2018.

Who teaches this course?
The course is facilitated by Dr Hubert van Griensven PhD MSc(Pain) BSc DipAc. Hubert is Senior Lecturer in Pain at UH, Chartered Physiotherapist and Registered Acupuncturist. Other lecturers are:
- Liz Simon BSc Hons MSc BABCP Accredited Therapist and Supervisor. Liz is Course Director for Cognitive Behaviour Therapy at UH.
- Lucie Knight BSc MSc Post-MSc Diploma in Counselling Psychology. Lucie is a Highly Specialist Counselling Psychologist at the INPUT Pain Management Unit, St Thomas’ Hospital, London.

Cost
The fee for new self-funding students is £680. Please note that the fee may vary depending on your source of funding and whether you are a returning student. To find out information about the fees visit go.herts.ac.uk/cpdfees

The course forms part of a broader CPD framework which includes a MSc module in Pain Mechanisms and Principles of Adult Pain Management. The framework can lead to the award of Postgraduate Certificate, Postgraduate Diploma or Master’s degree

Course Enquiries
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