

Procedural Pain and Guided Imagery: Uppsala 27 Mar 2019

Från akutrummet till polikliniken och samhällsinställningarna

Välkommen! This skills workshop will interest Nursing, Medical and Allied Health Professionals working with children and adolescents who experience fear and pain around medical procedures.

Although the workshop will be in English, Bernie is very experienced in teaching in countries where English is not the first language. He has, since 1997, spoken at conferences and conducted workshops throughout Scandinavia on many occasions.

Skills include: Focused Breathing, Relaxation with Mindful Distraction and Guided Imagery. These interventions can be combined with pharmacological approaches to managing pain in children and adolescents.

The Theoretical Component focuses on:

- Shifting from the bottom-up sensory appraisal view to a top-down constructivist view of pain;
- Defining pain as an alarming sensory-cognitive-social experience encompassing *memory, emotion, attention, language, learning, thought*

and *consciousness* and the relevance of each of these in pain assessment and management;

- Emotions, particularly waves of fear and feelings of threat and strategies for reducing their impact on pain;

The Practical Component focuses on:

- Actually doing mindfulness techniques, focused breathing and relaxation - individually and with a colleague.
- Engaging in Guided Imagery both as the person in the imagery and guiding a colleague through a guided imagery session.
- Putting skills into practice in a multidisciplinary approach to managing pain in children and adolescents.
- Advice on how to approach the notion of using these techniques with children and parents.
- Ways of maximising the efficacy of these techniques.
- What to do if a child is distressed and losing control.

Workshop Program: 08.30 - 16.30

- Pain and Emotion: working with fear from acute/emergency to clinic and community settings.
- Two psychologies in pain management and change: Personal Construct Psychology (PCP) and Acceptance and Commitment Therapy (ACT).
- Guided Imagery Technique: theory, practice and demonstration.
- Guided Imagery Cases: review and discussion of videos.
- Small group practice in guided imagery.
- Group discussion and feedback: preparing for clinical practice.

Have you ever been to a conference/workshop where the presenter spoke so quickly in English that you missed much of what was said? So have I and as an Australian, English is my first language! You will definitely not find this in this workshop.



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