

A One Day Workshop
***(7 Continuing Education Credits)**

Saturday, December 4, 2004
9:00 am to 5:00 pm

University of Alaska Anchorage
****SSB (formerly CAS) 118**

Health Psychology:
Practicing Behavioral Pain Management

Presented by

Robert P. Trombley, Ph.D.
&
Lois Michaud, Ph.D.

Co-Sponsored by:

University of Alaska Anchorage – Psychology Department
& Alaska Psychological Association (AK-PA)

AK-PA is approved by the American Psychological Association to offer continuing education programs for psychologists. AK-PA maintains responsibility for the program.

***Seven (7) continuing education credits will be available to participants who attend the entire day workshop. See details in registration.**

**** Bldg 23 on map at www.uaa.alaska.edu/maps/images/UAAbMap1200.gif**

Workshop Summary:

Health psychology researchers have demonstrated a clear relationship between psychosocial factors and physical well-being. An introduction to the foundational research in the behavioral treatment of medical disorders is provided. Along with stress related medical disorders, psychosocial factors have a significant impact in the medical treatment of pain. This workshop will focus on cognitive-behavioral strategies to self-manage pain and significantly decrease autonomic arousal.

Workshop Objectives:

Participants will learn:

- An introduction to the research basis of psychological treatments for medical disorders
- Objective measures of psychosocial factors involved in chronic pain disorders
- Behavioral treatment of autonomic regulation and pain self-management
- Biofeedback monitoring of treatment process
- Role of past trauma on chronic pain and autonomic arousal
- Disclosure treatment for chronic pain patients

Workshop Outline:

- 8:30 Sign-in and Registration for CE credits
- 9:00 Dr. Trombley - Introduction to Health Psychology Research in treating medical disorders
Foundational Research
Autonomic Nervous System
Autonomic Self-regulation
Disclosure Treatment
- 10:00 Dr. Michaud – Assessment of psychosocial factors involved in chronic pain disorders
- 10:45 Break
- 11:00 Dr. Trombley - Behavioral Treatment of Chronic Pain Disorders
Acquisition training
Deep relaxation methods for chronic pain
- 12:00 Lunch on your own
- 1:00 Dr. Trombley - Behavioral Treatment of Chronic Pain Disorders - *continued*
Experiential exercise
Biofeedback monitoring
Application training
Applied relaxation
Process of treatment
Addressing paradoxical response to relaxation training
- 2:30 Break
- 2:45 Dr. Trombley - Trauma in chronic pain disorders
Role of trauma in autonomic arousal
Role of cognitive distractors
Disclosure treatment for chronic pain disorder
Experiential exercise
- 4:00 Dr. Trombley - Cognitive Therapy and Chronic Pain Disorders
- 4:30 Question / Answer

About the Speakers:

Robert P. Trombley, Ph.D. received his BS at the University of Oklahoma and PhD at Oklahoma State University with a sub-specialty in Health Psychology. He completed post-doctoral training in Health Psychology and Behavioral Pain Management at Ohio University. He was Clinical Director at Peak Performance Center, a multi-disciplinary functional restoration program, in Oklahoma City. He is currently the Director of Advanced Health Psychology in Anchorage. His practice focuses on treating and evaluating chronic pain patients with the Advanced Pain Centers of Alaska. He has a special interest in stress-related medical disorders.

Lois Michaud, Ph.D. received her BS from the University of Oregon and her Master's degree from Indiana State. She received her PhD from the University of Kansas and completed her internship at Mid-Missouri Mental Health Consortium. She served on the executive board of the Alaska Psychological Association for the past six years. She has specialized in the treatment of trauma and in psychological assessment, in private practice and hospital and community mental health settings. She is currently on staff at the Advanced Pain Centers of Alaska and maintains a private practice in psychological assessment.

Cancellation Policy

Cancellation requests, **IN WRITING**, must be postmarked seven (7) days prior to the start of this event in order to receive a refund. All cancellations are subject to a \$25 processing fee. Authorized refunds will be mailed following the completion of the seminar. AK-PA regrets that no refunds can be issued for ANY reason after the deadline

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Fees and Registration Form

Please print out this form, fill it in and mail in with your payment to:

AK-PA

P.O. Box 241292

Anchorage, AK 99524-1292

Or fax it with credit card information to **(907) 344-8878**

Fees:

Admission is free.

One Day Full Registration for 7 CE credits:

AK-PA Members - \$100

Non-AKPA Members - \$125

Registration Information:

Name: _____

Mailing Address (including city, state, and zip code): _____

Contact Phone & Email: _____

AK-PA Member? Y N

Fee: _____

Payment: _____

Check (made out to AK-PA) Visa Mastercard

Card Number: _____

Expiration Date: _____

Signature: _____