SGH PGAHI
POSTGRADUATE ALLIED HEALTH INSTITUTE

An Introduction to the Cognitive Behavioural Approach to Pain Management
23 November 2020

Introduction

Pain is experienced by psychologically aspects and tissue injury, which affects the well-being of an individual. The cognitive behavioural therapy course will equip healthcare professionals with the fundamental cognitive and behavioural skills when working with their patient with chronic pain conditions.

This course will cover the cognitive-behavioural techniques that focus on the physical and psycho-social symptoms associated to pain. At the end of the course, participants will be able to teach their patients on how to manage their pain on their own using the appropriate skills.

Course Objectives

- Explain the evidence supporting a cognitive behavioural approach to pain care
- Demonstrate evidence-based cognitive behavioural strategies that can be integrated into the care of patients with musculoskeletal pain
- Identify appropriate self-report patient measures for pain Explain the three domains of pain catastrophizing (magnification, rumination, helplessness)
- Apply cognitive restructuring to assist patients with reframing their perspective on their pain experience
- Explain how to guide a patient through a mindful body scan technique

Target Audience

Allied Health Professionals

Course Outline

- Cognitive model of pain care
- Relaxation training
- Pain catastrophizing
- Cognitive restructuring for Recognizing and challenging negative automatic thoughts with alternatives
- Coping self-statements
- Emotions, fear and influence on pain
- Treatment steps and approaches

Course Details

Date	:	**23 November 2020**
Duration	:	**To be completed within 1 month from the course start date**
Time	:	**Self-paced**
Training mode	:	**e-Learning**
Platform	:	**SingHealth e-Learning Portal (Wizlearn)**
Fee	:	**S$160** (SingHealth) **S$180** (Regular) (inclusive of 7% GST)

Teaching Faculty

Dr Kinjal Doshi
Principal Clinical Psychologist
Department of Psychology
Singapore General Hospital

Dr Kinjal Doshi performs neuropsychological assessments as well as provides psychotherapy and counselling services to patients with neurological and neurodegenerative disorders as well as their caregivers. Dr Doshi also consults with the rehabilitation medicine team regarding treatment provided to patients who have suffered from head injuries or present with cognitive impairments. Dr Doshi is involved in research, education and clinical treatment related to cognitive, psychological and behavioural issues associated with chronic medical conditions.

Registration

To register, scan the QR code or click on the web link. Registration closes on **23 October 2020, Friday**.

https://form.gov.sg/5f6b2321767898001191e511

Upon registration, you agree to the Terms & Conditions of PGAHI.

Quick Links

FAQs PGAHI Programmes Training Calendar and Directory

ALLIED HEALTH PROFESSIONALS