



An Introduction to Cognitive Behavioural Approach to Pain Management

26 October 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 psychosocial 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

- Introduce the cognitive model of pain care
- Relaxation training
- Pain catastrophizing
- Recognizing and challenging negative automatic thoughts with alternatives
- Creating coping self-statements
- Emotions, fear and influence on pain
- Activity, exposure and pacing

Course Details

Date	:	26 October 2020
Duration	:	To be completed within 1 month from the course start date
Time	:	Self-paced
Training mode	:	e-Learning
Platform	:	Wizlearn Portal (Login details for the Wizlearn portal will be sent nearer the course date.)
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

Miss Agnes Low

Email: agnes.low.s.m@sgh.com.sg



Quick Links

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POSTGRADUATE
ALLIED HEALTH INSTITUTE

Registration Slip

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26 October 2020

Submit your registration form to Agnes Low at agnes.low.s.m@sgh.com.sg by **25 September 2020!**

The information provided for course registration is true and accurate to the best of my knowledge. Submission of any false information will render my application void with no refund of registration fee. Submission of my professional certification or qualifications for auditing purpose may be required.

By registering for the course, you agree to the [Terms & Conditions](#) of PGAHI.

Quick links: [FAQs](#), [PGAHI Programmes](#), [Training Calendar and Directory](#)

PARTICIPANT'S PARTICULARS		FEE
Name <i>(to be reflected on cert)</i> :		S\$160 (SingHealth)
Contact no.:	Employee No.:	S\$180 (Regular)
Email:		<i>(inclusive of 7% GST)</i>
Profession: <input type="checkbox"/> AHP <i>(please indicate)</i> : _____ <input type="checkbox"/> Doctor <input type="checkbox"/> Nurse <input type="checkbox"/> Others: _____		
Department:		
Organisation:		
PRN/ MCR/ Nursing no. <i>(if applicable)</i> :		

Any cancellation or replacement must be conveyed to PGAHI in writing. A cancellation fee of 50% of course fee will be charged if the cancellation is made before the **25 September 2020**. There will be no refund of course fee for cancellation on or after **25 September 2020**. PGAHI reserves the right to cancel the course and fully refund the amount of registration fee paid to the participants should unforeseen circumstances necessitate it.

For **cheque payment***, please issue a **crossed cheque** payable to "Singapore General Hospital Pte Ltd" and mail the cheque attention to **Agnes Low, SGH-PGAHI, 20 College Road, Academia, Level 2, Singapore 169856**.

For **invoice* to organisation**, please complete the below billing details:

BILLING DETAILS	
Bill to:	
Billing address:	
Attention invoice to <i>(name & department)</i> :	
Email of addressee:	Contact no. of addressee:

*Payer to bear all bank charges. PGAHI will not process registration if the amount received is insufficient.

I consent to Singapore General Hospital and its related corporations (collectively 'SingHealth'), their agents and SingHealth's authorised service providers collecting, using, disclosing and/or processing my personal data, in order to send me marketing materials, etc.

I confirm and agree that my consents granted herein do not supersede or replace any other consents which I may have previously provided to SingHealth in respect of my personal data, and are additional to any rights which SingHealth may have at law to collect, use or disclose my personal data.

By providing the information set out in this form and submitting the same to you, I confirm that I have read, understood and consent to the SingHealth Data Protection Policy, a copy of which is available at <http://www.singhealth.com.sg/pdpa>. Hard copies are also available on request.