

## PAST PARTICIPANT COMMENTS:

- *I kind of dabbled with [CBT skills] by myself, with books. Just self taught. I was wanting some authority to make sure I really know how this is supposed to be...and you hear it from another dimension...so it gave me a lot of confidence.*
- *I found it very beneficial to hear examples, particularly when people were reporting on their homework...how they used the [skills from the] previous session in their workplace...and then you try to use and implement the thoughts and methods of the session...then to hear how people did it and that sort of impacted...how I would do it.*
- *I was able to incorporate my learning into work practice, then have the opportunity to discuss with the facilitator and fellow students.*

## FOR MORE INFORMATION

If you would like to be notified about the upcoming schedule or would like to organise a customised program for up to 10 participants please contact us directly via:

E: [paineducation.admin@sydney.edu.au](mailto:paineducation.admin@sydney.edu.au)

T: +61 2 9463 1516

Details of costs for individual participants and/or customised programs are available on our website:

W: [sydney.edu.au/medicine/pmri/education](http://sydney.edu.au/medicine/pmri/education)



For further information

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## ABOUT THE INSTITUTE

The Pain Management Research Institute (PMRI) is part of the Sydney Medical School, based at Royal North Shore Hospital. The NSW Ministry of Health has recognised the PMRI as the Lead Centre for Pain Research and Education in NSW.

The PMRI is staffed by a multidisciplinary group of clinicians, researchers and educators who work together to improve our understanding of all forms of pain and their treatments.

- Clinically, at our multidisciplinary Michael J Cousins' Pain Management & Research Centre (PMRC), a key focus is implementing and evaluating the latest ideas about pain in clinical practice.
- Academically, since 1996 the PMRI has provided an online graduate pain education degree, alongside a number of innovative continuing education programs for all health professionals. The degree program includes Masters, Graduate Diploma and Graduate Certificate levels in multidisciplinary pain management. A measure of the quality of these programs is their endorsement by the International Association for the Study of Pain (IASP).
- Research at PMRI is conducted within a biopsychosocial framework and includes the study of basic pain mechanisms and the development and evaluation of innovative multidisciplinary treatments.



Royal  
North Shore  
Hospital

# PUTTING COGNITIVE BEHAVIOURAL SKILLS INTO PRACTICE



## WEBINAR SKILLS TRAINING: PAIN MANAGEMENT



