



The Psychosocial Challenges of Non-Disease Related Chronic Pain

Presented by Dr Dawn Macintyre and Jan Sky

About workshop: This workshop will take you on a brief journey with Dawn over the five years following the onset of her chronic, non-disease related pain. After the workshop, you will be better positioned to walk alongside your clients and patients at the pace and intensity that they need and to assist them make mind and behaviour changes to adapt to live more freely with chronic pain. The workshop will cover:

- Insights into the psychosocial challenges people living with chronic pain face.
- Difficulties your patients and clients may experience as desperate and terrified sufferers of chronic pain
- Strategies to help to de-stigmatise non-disease related chronic pain.
- Ways as health professionals, you can challenge your own professional practices, inherent prejudices and identify many of the unintentional hurtful behaviours many pain sufferers experience from their families, friends, and health professionals. An introduction into the use of ESI, a mind-state mapping tool that has assisted Dawn living with chronic pain. You will see how this tool addresses many other disorders as well.

Your presenters:



Dawn Macintyre, PhD, MPH, BH (Hons) Education and Psychology, MACA (clinical) trained in Education and Psychology at London University, completed her Masters in Public Health at Curtin University, and her PhD at the University of Queensland. Dawn has worked as a Clinical Counsellor for over 30 years, and provides education programs for health professionals who wish to learn more about the psychosocial impacts of living with chronic pain.



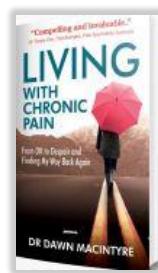
Jan Sky, Grad Cert Sexual Health (Syd Uni), DipCS, DipCH, Neuropsychotherapist, developed the mind-state mapping tool, ESI (Executive State Identification) in 2009, for which she has gained international acclaim. Jan has taught the mapping tool in New Zealand, Finland, India and extensively throughout Australia. Working with individuals and groups, Jan addresses psychological care and well-being while facilitating behaviour changes. Jan also instructs therapists in the use of ESI mapping and will demonstrate it's use during the workshop.

When: Tues October 20th, 9am – 1pm.

Where: by live webinar.

Who should attend: **Clinicians who work with people who suffer chronic pain**, including counsellors, psychologists, social workers, physiotherapists, exercise physiologists, osteopaths and occupational therapists.

Cost: \$88.00 (incl GST)
Registration includes a copy of Dawn's book *Living with Chronic Pain* (RRP \$35.95)



Please register here:

<https://sydney.onestopsecure.com/onestopweb/UCRH33>

You will be emailed a link to access the webinar within 3 working days after completing your registration.

- Dawn will send you a copy of her book *Living with Chronic Pain* once all registrations are collated.

More information:

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The UCRH is organising and **subsidising** this course as part of the support we offer rural health clinicians – with thanks for all you do ☺