

TWO DAY WORKSHOP EXPLAIN PAIN

Training sponsored by Murray Plains Trust

5 & **6** December 2023

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216 Darling Street, Echuca, VIC, 3564

TIMES:

9:00am - 5:<mark>00pm</mark>

Presented by Martina Egan-Moog

You can help overcome the most burdensome non-fatal health condition facing our species – pain.

Pain costs our community more than heart disease, cancer and diabetes combined, but it is largely a hidden problem with very little awareness or attention. While the dollar costs are measured in the hundreds of billions, the real cost – the human cost – is immeasurable. The essence of Explain Pain is the notion that when people understand pain they hurt less, and there is now ample, reliable and repeated evidence supporting this. Teaching people about the biology of pain has become a well accepted strategy, but in order to do it well you need broad and deep knowledge, combined with the skills to tailor and deliver effective educational interventions. Noigroup Explain Pain courses provide the very latest in pain science education and pain treatment.

MORNING TEA AND LUNCH PROVIDED

Day 1 of the Explain Pain course provides the pain biology foundation, including:

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- the vital difference between nociception and pain
- identifying patterns suggestive of different sources of nociception
- recognizing peripheral nerve and neuropathic contributions to pain states
- understanding the powerful neuroimmune and neuroendocrine outputs and their links to pain
- how pain biology and a biopsychosocial approach comes together in the Protectometer

Day 2 takes you through the 'how to' of Explaining Pain with sessions and workshops on:

- understanding the evidence base for Explain Pain
- developing a curriculum tailored to a group or individual to ensure that your educational intervention is effective, measurable and repeatable
- how to carefully listen for and use metaphor and other language patterns to help you enter the patient's story, while making your education memorable.

Martina Egan-Moog / NOI Instructor Presenter



MSc, Post Grad Manip Ther Martina gained her qualifications as a Physiotherapist in Germany. Working in sports and orthopaedic clinics in southern Germany after graduation led to an interest in Neurodynamics and on to further study with Martina completing a Postgraduate Diploma in Manipulative Therapy in 1996. Later, Martina completed a Masters by Science Degree at Curtin University in Perth, Australia, in 1999 focused on manual therapy concepts and their integration with pain science and psychology. This knowledge and experience was put into practice from 1999 to 2003 working in an interdisciplinary team in a Cognitive Behavioural Therapy (CBT) programme for chronic pain patients at the Pain Management and Research Centre (PMRC), The University of Sydney. Martina joined Noigroup in 2004 to undertake the translation of Explain Pain into German – Schmerzen verstehen. In 2006 she started teaching a course by the same name, and since then has been responsible for updates to the course including the translation and integration of the Protectometer, as well as translating the Graded Motor Imagery course so that no valuable content will be lost in translation.



- ... Register Now!

Limited spaces available. Registration will close once sponsored positions have been exhausted. If interested in attending a full fee place please contact below.



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