Psychologically Informed Physical Therapy (PIPT): Pragmatic Application for Low Back Pain

August 26, 2017 | 8 a.m. – 5 p.m.

The biopsychosocial model is currently a paradigm from which all health care professionals are expected to manage patients with musculoskeletal conditions. In such a model, physical therapists are expected to recognize pain associated psychosocial distress and to modify their treatment approach accordingly. However, a gap exists between learning how to identify pain-associated psychosocial distress in patients, and applying modified treatment required to effectively manage these patients by decreasing the chance they will experience continued disability from musculoskeletal pain.

Course Overview
In this course participants will gain skills needed for this biopsychosocial approach through: 1) review of a screening tool used to identify pain associated psychosocial distress; 2) training in the principles of cognitive behavioral therapy (CBT), and 3) introduction to a psychologically informed intervention approach.

This course consists of two components: 1) pre-course reading material and 2) a live 1-day workshop that is being offered in multiple locations around the US. The pre-course reading material is specifically selected to introduce participants to key concepts prior to attending the live workshop, in order to provide foundational information that helps to maximize workshop training experiences. The 1-day workshop describes a psychologically informed intervention program that offers: 1) a condensed and focused summary of CBT principles with basic training for specific enhanced communication and pain coping skills; and 2) examples of key activity modification approaches. The main components of the course include theory, clinical application, and strategies to increase adherence. Participant feedback will be used to highlight the strengths and limitations of this course, allowing for modification for dissemination to future physical therapy audiences.

Guest Faculty

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Learning Objectives
Upon completion of this course, you will be able to:

1. Summarize relationships between pain neuroscience, pain models, and the development and maintenance of chronic LBP.
2. Implement psychologically informed physical therapy principles for patients with LBP.
3. Identify patients at high risk for transitioning from acute to chronic LBP.
4. Apply targeted treatment for patients at high risk for transitioning from acute to chronic LBP.

Register
Cost is $250.00

We expect this course to sell out quickly. If you are interested in attending, please join our email list by email:sympa@duke.edu with the subject, “SUBSCRIBE duke_dpt_continuing_education.” You will be notified when the registration site opens so that you can secure a spot in the course.