



Emotional Wellbeing

COURSE AUTHOR

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COURSE CONTACT INFO

All questions related to this course should be directed to courses@eimpt.com or you can call the office directly at 1-888-709-7096. To expedite a response to your request please include Course Name and Number, your question, the url to webpage related to the question, and a screenshot of what you see on your screen.

COURSE LEVEL

Intermediate

COURSE DESCRIPTION

This 5.7 contact hours, self-paced online course examines the relationship between pain and emotion as well as describing the morphological changes the brain undergoes in the chronic pain state. The roles of depression, anxiety, anger and trauma in the development and maintenance of chronic pain are explored. Learners are introduced to various coping strategies and how these strategies integrate into patient care. Laughter, gratitude, spirituality and a variety of other emotionally healthy activities, attitudes and behaviors are examined, as well as the neuroscience behind how these behaviors promote health.

OBJECTIVES

Upon completing this course, you will be able to:

1. Describe the three dimensions of pain and the most common emotions seen with pain.
2. Discuss the relationship between pain and depression and describe the steps for depression screening.
3. Understand the morphological changes the brain undergoes in the first year of a chronic pain state.
4. Implement the “Re-Boot” plan with patients to facilitate problem-focused versus emotion-focused coping strategies.
5. Explain the neuroscience behind engagement in emotionally healthy activities and recognize various emotionally healthy activities, attitudes, and behaviors.

TARGET AUDIENCE

PT, OT, MD, OSTEO, RN, NP, PA, OTHER LICENSED HEALTH CARE PROVIDERS

CONTACT HOURS/CEU/CCUS

5.7 hours/.57 CEU/5.7 CCU

You will receive a certificate of completion for this course via email after successful completion of the course quiz. *The assignment of Texas PT CCUs does not imply endorsement of specific course content, products or clinical procedures by TPTA or TBPTE.*



EIM PROGRAM APPLICABILITY

Students accepted to EIM [Fellowship in Pain Sciences](#) receive a \$100 discount for completing this course. Emotional Wellbeing is a preview of Special Topics in Pain Neuroscience, a 12-week course within Fellowship in Pain Sciences.

PREREQUISITES

None

Course Materials

All online content will be delivered through Teachable, the online learning platform. You will receive your login information with your program/course registration. A video and a handout are available for each lecture. These lectures build on the content you learn from the previous lecture. You will need to complete each lecture video and handout before moving to the next lecture.

Course Assignments/Schedule/Content

Lectures/Presentations	Time
Emotional Wellbeing 1	32:17
Emotional Wellbeing 2	24:59
Emotional Wellbeing 3	18:31
Emotional Wellbeing 4	19:10
Emotional Wellbeing 5	37:35
Emotional Wellbeing 6	34:47
Emotional Wellbeing 7	24:45
Emotional Wellbeing 8	27:35
Emotional Wellbeing 9	17:18
Emotional Wellbeing 10	20:08
Emotional Wellbeing 11	19:33
Emotional Wellbeing 12	10:16
Quiz	30:00
Total	5.7 hrs/.57 CEU/5.7 CCU



GRADING

Learner attainment of the objectives is assessed through a 20 question multiple choice quiz administered after completion of coursework. A minimum of 70% is required for success and award of continuing education credit. Estimated time to complete the quiz is 30 minutes; although the quiz is untimed, and you may take all the time you need to complete. Learners may repeat the quiz as needed to meet the requirement.

ACADEMIC INTEGRITY

Each student in this course is expected to abide by the Evidence In Motion and Partners Code of Academic Integrity. Any work submitted by a student in this course for academic credit will be the student's own work.

CANCELLATION POLICY

You may cancel within the first 48 hours of purchase. Your access membership will automatically renew. To avoid the auto-renewal, please email courses@eimpt.com 14-days prior to your enrollment anniversary. If you terminate your subscription, it will remain active until the end of your current subscription period. There are no refunds, full or partial, for the remaining period or unused portions of your subscription when you cancel the service.

References:

1. Mora-Ripoll R. (2010). The therapeutic value of laughter in medicine. *Alternative Therapies*, 16(6);56-64.
2. Lumley M.A., Cohen J.L., Borszcz G.S. et al. (2011). Pain and emotion: a biopsychosocial review of recent research. *J of Clin Psychol*, 67(0);1-27.
3. Fasick V., Spengler R.N., Samankan, S. et al. (2015). The hippocampus and TNF: Common links between chronic pain and depression. *Neurosci and Biobehav Rev*, 53:139-159
4. Baetz M, Bowen, R. (2008). Chronic pain and fatigue: Associations with religion and spirituality. *Pain Res Manage*, 13(5);383-388.

Date of Last Course Update: **April 2020**