



Mindfulness and Meditation for Pain

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 4 contact hours, self-paced online course delves into relaxation, mindfulness and meditation as modalities in the treatment of patients dealing with chronic pain. Learners gain knowledge about attitudinal factors of mindfulness, various types of mindfulness practices, as well as the physiological effects of these interventions on the nervous system. Course topics include discussion of relaxation activities for reducing anxiety and pain and improving function. Participants consider current evidence-based research surrounding mindfulness interventions.

OBJECTIVES

Upon completing this course, you will be able to:

1. Describe mechanisms of patient catastrophizing and maladaptive coping strategies impacting patients with chronic pain and their ability to participate in the recovery process.
2. Define mindfulness and describe how mindfulness can calm the nervous system.
3. Discuss various types of meditation, mindful movement and how to incorporate mindful informal practices into activities of daily living to enhance wellbeing.
4. Understand the attitudinal factors of mindfulness.
5. Discuss proposed mechanisms of how to engage in mindfulness and the contribution of mindfulness to health.
6. Review current mindfulness research describing the efficacy of various mindfulness-based treatment interventions on patient outcomes.
7. Discuss the effects of relaxation activities on reduced anxiety, pain reduction and improved function.
8. Exposure to the basic steps of mindful meditation.

TARGET AUDIENCE

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



CONTACT HOURS/CEU/CCUS

4.0 hours/.4 CEU/4.0 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. Nutrition and Pain 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
Activity: Body Scan	12:28
Activity: Progressive Relaxation	15:39
Activity: Sitting Meditation	12:15
Mindfulness and Meditation for Pain 1	15:53
Mindfulness and Meditation for Pain 2	13:53
Mindfulness and Meditation for Pain 3	13:54
Mindfulness and Meditation for Pain 4	10:38
Mindfulness and Meditation for Pain 5	19:35
Mindfulness and Meditation for Pain 6	20:35
Mindfulness and Meditation for Pain 7	21:53
Mindfulness and Meditation for Pain 8	17:49
Mindfulness and Meditation for Pain 9	10:38
Mindfulness and Meditation for Pain 10	31:46
Quiz	30
Total	4.0 hrs/.4 CEU/4.0 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. Bishop S. R. (2004) Mindfulness: A proposed operational definition. *Clinical psychology: science and practice*, 11(3):230.
2. Cherkin D.C., Sherman K.J., Balderson B.H. et al. (2016) Effect of mindfulness-based stress reduction vs cognitive behavioral therapy or usual care on back pain and functional limitations in adults with chronic low back pain: a randomized clinical trial. *JAMA*, 315(12):1240-1249.
3. Doran N.J. (2014) Experience wellness within illness: exploring a mindfulness-based approach to chronic back pain. *Qualitative Health Research*, 24(6):749-760.
4. Holzel B.K., Lazar S. W., Gard T. et al. (2011) How does mindfulness meditation work? Proposing mechanisms of action from a conceptual and neural perspective. *Perspectives on Psychological Science*, 6(6):537-559.
5. Tang Y., Holzel B., Posner M. (2015) The neuroscience of mindfulness meditation. *Nature Reviews Neuroscience*, doi:10.1038/nrn3916, 1-13

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