

## SOUTH AND WEST WALES BRANCH

### **CBT for Persistent Pain workshop and branch AGM**

Presented by Dr Rebecca Antwhistle and Dr Nick Brace

Thursday 11 July 2019

**Times:** Workshop 9.30am – 12.45pm; AGM 1.30pm – 2.30pm

**Venue:** St. Paul's Centre, Gerald Street, Aberavon, Port Talbot, SA12 6DQ

#### **Workshop Details**

Persistent pain affects 20% of people worldwide (IASP, 2019) and has recently been categorised in its own right in ICD-11. It can affect every aspect of a person's life and the lives of those around them. Two thirds of people with persistent pain are unable to work outside of the home and pain is the biggest contributor to measures of disability (IASP, 2019).

Cognitive Behavioural Therapy has been found to be effective in improving functioning and quality of life. The British Pain Society recognises Pain Management Programmes based on Cognitive Behavioural Therapy as the treatment of choice for Persistent Pain enabling those living with pain to improve functioning and live more fulfilling lives.

This presentation will provide an introduction to persistent pain; a basic understanding of pain mechanisms and an overview of evidence-based CBT change mechanisms relevant to persistent pain.

#### **About the Presenters:**

**Dr Rebecca Antwhistle** is a Counselling Psychologist and BABCP accredited Cognitive Behavioural Therapist. She currently works in the Swansea Bay Persistent Pain Service as a Highly Specialist Counselling Psychologist, facilitating Pain Management Programmes as part of a multidisciplinary team and providing individual psychological therapy. Previously she has worked within and led IAPT services, worked with Veterans NHS Wales and ran a private practice in Wiltshire and Swansea.

**Dr Nick Brace** is a Clinical Psychologist with 16 years post-qualification experience of working in physical healthcare settings, including cardiac rehabilitation, cancer and palliative care, services. He co-authored and delivered the British Association for Cardiovascular Prevention and Rehabilitation 'Health Behaviour Change and Psychosocial Support in Cardiovascular Disease' training course for four years. Most recently, he has worked for the ABMU and Swansea Bay Health Board Persistent Pain Service as lead clinician for the self-management arm of the service for the past eight years, delivering both group and individual based interventions. His interests lie in the application of psychological principles in adaptation to chronic illness, and the development of psychological-mindedness in multidisciplinary healthcare teams.

**Registration and general information**

BABCP South & West Wales Branch Member: £20      Other branch members and non-members: £25

Coffee & tea on arrival and coffee & tea/pastry in the mid-morning break included. No lunch provided. Please note there is a café in the St Paul's Centre to purchase lunch and additional refreshments.

A certificate for 3 hours theory CPD will be issued.

**Closing date for registrations is midday Friday 05/07/19.**

**Venue** - Please see the Parish of Aberavon website for a map and directions

<http://www.parishofaberavon.org/st-pauls-centre.html>