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Canadian Association of Occupational Therapists
Association canadienne des ergothérapeutes

Easy Choice: Practice Bundle

Pain

This webinar bundle includes the following 5 On-Demand Practice Evidence Webinars:

Using mindfulness-based occupational therapy interventions with clients with chronic pain

Presented by Sarah Good on January 15, 2019

Mindfulness-based programs are effective in reducing pain intensity, increasing acceptance of pain and improving daily functioning in individuals with chronic pain (Hardison & Roll, 2016). How can occupational therapists who practice mindfulness personally utilize this intervention in their clinical practice with clients with chronic pain? This webinar will present an 8-week mindfulness-based occupational therapy program, Mindfulness for Symptom Management, for clients with chronic pain. Benefits to mindfulness meditation and barriers to participation for individuals will be explored. Clinical examples will be shared.

After watching this webinar, you will be able to:

1. Understand the physiological and psychological benefits of practicing mindfulness meditation for individuals with chronic pain.
2. Be able to identify the five skillful habits used as part of the Mindfulness for Symptom Management program and how they are addressed with individuals with chronic pain.
3. Be able to outline some of the barriers to participating in mindfulness meditation for people with chronic pain

Easing the strain of pain on the brain: Practical, evidence-informed strategies for teaching pain self-management skills to people with brain injuries

Presented by Cara Kircher & Bronwen Moore on August 21, 2018

Pain is common following a brain injury: up to 70% of brain injury survivors have persistent pain. Pain can be a significant barrier to function and progress towards treatment goals. Research shows that pain self-management education can be an effective intervention. However, clients with a brain injury can have unique learning needs related to cognitive impairments and the neurological aspects of their pain. This webinar will include an overview of research about pain concerns among clients with brain injury, evidence supporting the value of pain self-management education, best practice approaches for teaching pain self-management, and take-home principles for your practice.

After watching this webinar, you will be able to:

1. Discuss research related to persistent pain, brain injury and self-management.
2. Apply best practice principles for pain self-management education in their practice.

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3. Draw on a list of helpful resources for pain management education. Better understand people with arthritis's perception of stigmatizing aids.

Pediatric Chronic Pain and the Role of Occupational Therapy

Presented by Ryan Suder on November 22, 2016

Pediatric chronic pain affects millions of youth in the United States and approximately one in five children in Canada (Canadian Pain Society, 2014). These youth experience a significant decline in occupational performance and engagement in meaningful activities. Youth with chronic pain demonstrate limited ability to manage and cope with the pain, leaving them isolated, deconditioned and reliant on the healthcare system for medical interventions.

This webinar will provide an overview of pediatric chronic pain conditions, as well as highlight the essential occupational therapy role in assisting in treatment of the physical symptoms, emotional components and social components of chronic pain.

After watching this webinar, you will be able to:

1. Establish a solid foundation of knowledge and understanding of pediatric chronic pain conditions.
2. Demonstrate improved understanding of philosophy of interventions and evaluations used in the pediatric chronic pain setting.
3. Exhibit increased skill in the development of comprehensive strategic life plans for clients with pediatric chronic pain.
4. Identify community resources accessible to themselves as well as their clients to assist with treatment interventions

Chronic pain and work rehabilitation: Does meaning matter?

Presented by Sara Saunders on November 15, 2016

Work disability is a costly problem and a challenge for the occupational therapist charged with ensuring return to work. An important piece of the work disability puzzle is the meaning of work. For most people, who spend the majority of their day doing paid work, work is an important source of meaning. But what happens when this meaning is challenged by chronic pain due to a musculoskeletal injury? This webinar will first review the evidence on the meaning of work for those with work disability. It will then use real cases based on experiences with chronic pain to illustrate the role of meaning in work disability. Finally, practical suggestions for focusing on meaning in a work rehabilitation context will be explored.

After watching this webinar, you will:

1. Understand the role of the meaning of work for people in work rehabilitation.
2. Be equipped with practical ideas for how to incorporate a focus on meaning within a work rehabilitation content.

Promoting Occupational Engagement in Clients with Chronic Pain

Presented by Bonnie Klassen on November 12, 2013

The role of the occupational therapist to promote engagement in valued occupations in clients with chronic pain will be described and explored. Case examples, resources and literature will be utilized to clarify what knowledge, skills, and frames of reference occupational therapists apply when they work with clients with chronic pain. How does this differ from other members of the multidisciplinary team? What challenges do we face as a profession in this practice area and how can we address these proactively?

After watching this webinar, you will:

1. Identify and describe the role of the occupational therapist and how this role is distinct from other health professionals working with clients with chronic pain.
2. Understand some of the challenges we face as a profession, due to gaps in the evidence for some of our approaches, and encroachment from other professions that are completing research ahead of us.

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