



## Topics to be covered

- How neural pathways can cause physical symptoms.
- How emotions can create and activate learned nerve pathways.
- Explaining the neurological basis of mind-body disorders.
- Determining which disorders are typically mind-body disorders.
- When to obtain medical evaluations for clients with possible mind-body disorders.
- How to structure an assessment to determine the underlying psychological mechanisms of mind-body disorders.
- How to elicit the emotional content that triggers mind-body disorders.
- Overcoming barriers clients face in accepting the mind-body diagnosis.
- Learn techniques to assist clients in reframing the meaning of their symptoms.
- Provide concrete techniques on breaking patterns of reinforcement with regard to symptoms.
- The theory and process of Emotional Awareness and Expression Therapy.
- Expressive writing techniques.
- Dealing with negative self-talk and anxiety by attending to the underlying emotional states.
- How to use visualizations and meditations to help clients invest in treating themselves more compassionately.
- Integrating Unlearn Your Pain approaches into a clinical practice.

## Speakers

**Howard Schubiner, MD**  
Director, Mind Body Medicine Program  
Providence-Providence Park Hospital  
Clinical Professor  
Wayne State University, Detroit, MI  
Michigan State University, East Lansing, MI.

**Alan Gordon, LCSW**  
Director, Pain Psychology Center  
Adjunct Assistant Professor  
University of Southern California School of Social Work  
Los Angeles, CA

### Program Planning Committee

**Howard Schubiner, MD**  
Director, Mind Body Medicine Program  
Providence-Providence Park Hospital

**Judy Ahn-Ewing, R EEG/EP T, CNIM, CLTM, FASET**  
Director, Neuroscience  
Providence-Providence Park Hospital

**Peggy Vandenhemel, MSN, RN, AHN-BC**  
Director of Nursing Education  
Providence-Providence Park Hospital

**Mark Lumley, PhD**  
Professor and Director of Graduate Training  
Department of Psychology  
Wayne State University

Coming together to give healthcare a better name. We are Ascension.



ST. JOHN PROVIDENCE HEALTH CONNECT  
18000 W. Nine Mile Rd., Suite 1400  
Southfield, MI 48075

St. John Providence presents  
***Beyond Pain Management:  
Treating the Intersection of Pain and  
Unresolved Emotional Experiences***  
**A two-day basic certification course**

**May 5 - 6, 2017**

9 am – 5 pm on Friday  
9 am – 4 pm on Saturday

Providence-Providence Park Hospital  
Southfield Campus, Fisher Auditorium

*Please arrive by 8:30 am on Friday if registering in person*



Registration Information

The cost for the conference is  
\$275 per registrant  
\$225 for SJP clinicians

(Includes a copy of *Unlearn Your Pain*, third edition, 2016,  
by Dr. Howard Schubiner)

Preregistration is requested by April 14, 2017

After that date, cost increases to \$300 per registrant;  
\$250 for SJP clinicians.

Sign up today by calling  
1-866-501-DOCS (3627), option #3.  
or  
complete the form below and mail to the  
address indicated.

Name \_\_\_\_\_

E-mail \_\_\_\_\_

Phone number \_\_\_\_\_

I am a(n) ☐ Physician ☐ RN/NP ☐ Other \_\_\_\_\_  
☐ SJP Associate ☐ MAPP Member credentials

Checks and credit cards are accepted.

Credit Card Type: ☐  ☐  ☐  ☐ 

Credit Card Number \_\_\_\_\_

Exp Date \_\_\_\_\_

CID Code \_\_ \_\_ \_\_ AMEX Security Code \_\_ \_\_ \_\_ \_\_

Signature: \_\_\_\_\_

Please make checks out to:  
St. John Providence Neuroscience

Mail this form (and check if appropriate) to:  
St. John Providence Health Connect  
18000 W. Nine Mile Rd., Ste. 1400  
Southfield, MI 48075

Beyond Pain Management: Treating the Intersection of Pain and Unresolved Emotional Experiences  
May 5 - 6, 2017 • 9 a.m. - 5 p.m. each day

Program Overview

This two-day workshop brings together cutting-edge research and advanced clinical interventions to train participants in an emerging model of care. Clients and patients often present with chronic symptoms for which there is no clear medical explanation, including pain, anxiety, depression, fatigue, and insomnia. High rates of lifetime trauma and unresolved emotional experiences often underlie these conditions. New research and clinical practices have been shown to be effective for these individuals. This basic training offers the clinician the opportunity to gain knowledge and learn skills that will be immediately applicable to their practices.

Program Objectives

1. Summarize key research and clinical concepts that underlie the Unlearn Your Pain approach.
2. Identify patients who have disorders that are likely to benefit from the Unlearn Your Pain approach.
3. Understand the components of the Unlearn Your Pain approach and learn how to integrate them into a clinical practice.
4. Practice using these clinical components to gain experience and confidence.
5. Understand the limitations and clinical caveats to this approach.

Target Audience

Attendees include physicians, physician assistants, nurses, nurse practitioners, physical therapists, psychiatrists, psychologists, social workers, licensed professional counselors, mental health clinicians, substance abuse specialists, medical students, and others who provide services for people experiencing chronic pain.

Accreditation Statement

Providence-Providence Park Hospital is accredited by the Michigan State Medical Society to provide continuing medical education for physicians.

AMA Credit Designation Statement:

The Providence-Providence Park Hospital designates this live activity for a maximum of 10.5 credits AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Osteopathic Physicians: AMA PRA Category 1 Credits™ are acceptable towards Category 2-A Credit.

Wayne State University’s Department of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Wayne State University’s Department of Psychology maintains responsibility for this program and its content.

St. John Providence is an approved provider of continuing nursing education by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. (OBN-001-91) (OH-287, 7/1/2018)

Conference approved for 11 Social Work Pain & Pain Symptom Management Continuing Education hours by the Michigan Social Work Continuing Education Collaborative Provider # MICEC0049.

Disclosure

Consistent with the ACCME Standards of Commercial Support, speakers for the conference are expected to disclose to you at the beginning of their presentation(s) whether they have any economic or other personal interests that create, or may be perceived as creating, a conflict related to the material discussed. This policy is intended to make you aware of speakers’ interests, so you may form your own judgments about such material.

Accommodations

The Weston Southfield Detroit  
1500 Town Ctr.,  
Southfield, MI 48075  
248-827-4000

Southfield Marriott Courtyard  
27027 Northwestern Hwy.  
Southfield, MI 48033  
248-358-1222

Conference Location

Providence-Providence Park Hospital,  
Southfield Campus, Fisher Auditorium  
16001 W. Nine Mile Road  
Southfield, MI 48075



Attendance limited to 100 people.

Credits requested: CME category I, MSW CEU credits, Psychology CE credits, RN CE credits