



REGISTRATION AND COURSE GUIDE

This program meets the accreditation criteria of The College of Family Physicians of Canada and has been accredited for up to 20.75 Mainpro-C credits

Register Up To November 10! **NOVEMBER 10, 2012**

**PRACTICAL CBT FOR
PAIN MANAGEMENT**

Register Up To January 26!

JANUARY 26, 2013

**CBT IN MULTIMODAL
PAIN MANAGEMENT**

Register Up To March 2!

MARCH 2, 2013

**APPLICATION OF
CBT TO COMPLEX
PAIN PROBLEMS**

**THREE-PART PAIN
SERIES COURSE
DESIGNED FOR ATTENDEES
TO REGISTER
FOR ALL 3 COURSES OR
INDIVIDUALLY!**

**DELTA CHELSEA
HOTEL
33 GERRARD STREET W.
TORONTO, ONTARIO**

www.canadianapm.com



PAIN COURSE SERIES

This course will benefit clinicians in the front lines of pain management. This course will be hands-on including simulations, practice sessions, group discussions and feedback. The focus will be with an emphasis on sharing and acquiring therapy skills. Each course will build upon the one before, while the final course in March will have modules that attendees can rotate through on practices and learned methods from November and January. However the design of all 3 courses provides the attendee with skills and information if attending only 1 of the course dates.

Faculty is drawn from Canadian pain practitioners, respected for their contributions to pain management.

WHO SHOULD ATTEND

This multidisciplinary course is of interest to:

Physicians
Chiropractors
Psychologists
Psychotherapists
Dentists
Nurses
Physical Therapists
Occupational Therapists

COURSE OBJECTIVES

- Provide case-based topics.
- Small working groups and interaction with groups and faculty.
- Provide take-away skills and information that can be applied to your own practice.

LOCATION OF ALL THREE COURSES

Delta Chelsea Hotel
33 Gerrard Street East
Toronto, Ontario, Canada
MOUNTBATTEN SALON—2ND FLOOR

ACCREDITATION

This program meets the accreditation criteria of The College of Family Physicians of Canada and has been accredited for up to 20.75 Mainpro-C credits and 0 Mainpro-M1 Credits.

November 10, 2013: 6.75 credits

January 26, 2013: 7 credits

March 2, 2013: 7 credits

ACCOMMODATIONS

Accommodations are responsibility of the person attending. There is no guestroom block set aside for these course dates.

REGISTRATION

Two ways to register:



Mail: Canadian Academy of Pain Management, 1143 Wentworth Street West, Suite 202, Oshawa, ON L1J 8P7



Fax: 1-905-404-3727-Credit card payment only

If registering by mail or fax, please complete the registration form found on page 8. Please note the cut-off dates for fee rates for registering for the course.

CANCELLATION POLICY

Cancellations are accepted up to **dates as outlined below** and are subject to a \$50.00 cancellation fee. No refunds or cancellations are accepted after dates noted below, however delegate substitution is accepted by written notification only (email or fax).

NOVEMBER 10, 2012 COURSE

Cancellations up to October 31, 2012.

No cancellations November 1—November 10, 2012

JANUARY 26, 2013 COURSE

Cancellations up to January 16, 2013.

No cancellations January 17—January 26, 2013

MARCH 2, 2013 COURSE

Cancellations up to February 23, 2013.

No cancellations February 24—March 2, 2013

2012-2013 COMMITTEE & FACULTY

CHAIR:

Eldon Tunks, MD, FRCPC, Psychiatrist, Member of AAPM (DAAPM); Member of CAPM (DCAPM), Emeritus Professor Psychiatry, McMaster University; Adjunct Professor, Canadian Memorial Psychiatric College; Active Staff, Department of Physical Medicine and Rehabilitation, Hamilton Health Sciences, Hamilton, Ontario; President of Canadian Academy of Pain Management

COMMITTEE MEMBERS:

Martha Bauer, BSc, OT, OT Reg (Ont), McMaster Family Health Team, Martha Bauer OT Services, Burlington, Ontario; Clinical Associate, School of Rehabilitation Sciences, Occupational Therapy Program, McMaster University, Hamilton, Ontario

Eleni Hapidou, PhD, C Psych, Psychologist, Chronic Pain Management Unit, Chedoke Hospital, Hamilton Health Sciences; Associate Professor (PT), Department of Psychiatry and Behavioral Neurosciences, Associate Faculty member, Department of Psychology, Clinical Behavioral Sciences and Bachelor of Health Sciences Program, McMaster University, Hamilton, Ontario

Catherine McGregor, Dentist. BSc. Loyola College, Montreal, DDS McGill University, Distinguished Fellow of the American Academy of Craniofacial Pain, Diplomate of the Academy of Clinical Sleep Disorders Disciplines, Member of the Canadian Sleep Society, Member of the American Academy of Sleep Medicine, Member of the American Academy of Dental Sleep Medicine, Member of the Canadian Dental Association, President and Founding Secretary of the Canadian Chapter of the American Academy of Craniofacial Pain, Lyndhurst, Ontario

David Rawson, DDS, DABCP, FAACP, Dentist, University of Western Ontario; Owner, the TMJ & Sleep Therapy Centre of London Ontario; Diplomate, American Board of Craniofacial Pain (ABCP); Fellow, American Academy of Craniofacial Pain (AACP); Faculty, Academy of Clinical Sleep Disorders Disciplines, ACSDD; Founder and President, S.M.I.L.E, Orthopedic Study Club; Board Member, AACP; Founder and Past President, Canadian Chapter, AACP

Kevin Rod, MD, FCFP, Family Medicine Lecturer, University of Toronto; Director, Toronto Poly Clinic, Toronto, Ontario

NOVEMBER 10TH PROGRAM (6.75 Mainpro-C credits)

PRACTICAL CBT FOR PAIN MANAGEMENT

Saturday November 10, 2012

8:00 am—4:30 pm	REGISTRATION OPEN
8:00 am—9:00 am	CONTINENTAL BREAKFAST
8:45 am—9:00 am	OPENING REMARKS <i>Dr. Eldon Tunks, President, Canadian Academy of Pain Management</i>
9:00 am—9:30 am	OVERVIEW OF TECHNIQUES <ul style="list-style-type: none">• Overview of Relaxation• Pacing Techniques• Self-monitoring Techniques• Paradoxical Intention <i>Facilitator: Dr. Eldon Tunks</i>
9:30 am—9:45 am	CASE PRESENTATION OF APPLIED RELAXATION <ul style="list-style-type: none">• Chronic Headache• Simulation <i>Facilitators: Dr. Eldon Tunks, Martha Bauer</i>
9:45 am—10:30 am	GROUP PRACTICE WITH FACILITATORS <i>Facilitators: Dr. Eldon Tunks, Martha Bauer, Dr. Eleni Hapidou</i>
10:30 am—10:45 am	REFRESHMENT BREAK
10:45 am—11:30 am	CASE PRESENTATION OF YOGA-BASED RELAXATION <i>Facilitator: Dr. Eleni Hapidou</i>
11:30 am—11:45 am	CASE PRESENTATION OF CHILD PAIN/FACILITATED RELAXATION <i>Facilitator: Dr. Eldon Tunks</i>
11:45 am—12:15 pm	GROUP PRACTICE WITH FACILITATORS <i>Facilitators: Dr. Eldon Tunks, Martha Bauer, Dr. Eleni Hapidou</i>
12:15 pm—12:30pm	CASE PRESENTATION—FACILITATED RELAXATION <i>Facilitator: Dr. Eldon Tunks</i>
12:30 pm—1:15 pm	BUFFET LUNCHEON
1:15 pm—1:45 pm	CASE PRESENTATIONS OF PACING TECHNIQUES <ul style="list-style-type: none">• Matching Patient's Approach to Activity with Appropriate CBT Strategy <i>Facilitators: Dr. Eldon Tunks, Martha Bauer</i>
1:45 pm—2:30 pm	GROUP PRACTICE WITH FACILITATORS <ul style="list-style-type: none">• PTSD Poor Concentration Case• Automobile Speeding in PTSD Case

NOVEMBER 10TH PROGRAM, *continued*

PRACTICAL CBT FOR PAIN MANAGEMENT

Saturday November 10, 2012

2:30 pm—3:15 pm

CASE PRESENTATIONS OF SELF-MONITORING

- **Obsessional Organizing**
- **Dysmorphic Phobia**

Facilitator: Dr. Eldon Tunks

3:15 pm—3:30 pm

REFRESHMENT BREAK

3:30 pm—4:15 pm

GROUP PRACTICE WITH FACILITATORS

- **Fear of Being Embarrassed when Tearful (Anoxic Injured)**

Facilitators: Dr. Eldon Tunks, Martha Bauer, Dr. Eleni Hapidou

4:15 pm—4:45 pm

CASE PRESENTATIONS ON PARADOXICAL INTENTION

- **Nonorganic Limping Case**
- **Nonorganic Tremor with Pseudoseizures Case**

Facilitator: Dr. Eldon Tunks

4:45 pm—5:00 pm

QUESTIONS / DISCUSSION

Facilitators: Dr. Eldon Tunks, Martha Bauer, Dr. Eleni Hapidou

JANUARY 26, 2013 PROGRAM (7 Mainpro-C credits)

CBT IN MULTIMODAL PAIN MANAGEMENT

Saturday January 26, 2013

8:00 am—4:30 pm	REGISTRATION OPEN
8:00 am—9:00 am	CONTINENTAL BREAKFAST
8:45 am—9:00 am	OPENING REMARKS <i>Dr. Eldon Tunks, President, Canadian Academy of Pain Management</i>
9:00 am—10:30 am	CASE PRESENTATION MULTIMODAL CBT <ul style="list-style-type: none">• Selection• Admission Assessment• Goal Setting• Discharge and Aftercare <i>Facilitators: Dr. Eldon Tunks, Martha Bauer, Dr. Eleni Hapidou</i>
10:30 am—10:45 am	REFRESHMENT BREAK
10:45 am—12:15 pm	ASSESSING ENGAGEMENT <ul style="list-style-type: none">• Stages of Change and how to Promote Engagement and Progress <i>Facilitators: Dr. Eldon Tunks, Martha Bauer, Dr. Eleni Hapidou</i>
12:15 pm—1:00 pm	BUFFET LUNCHEON
1:00 pm—2:30 pm	CASE PRESENTATION ON SLEEP DISORDERS <ul style="list-style-type: none">• Environmental and Medical Barriers to Sleep• You Don't Order Sleep by Room Service—You Prepare for It• Strategies for Retraining Sleep Hygiene <i>Facilitators: Dr. David Rawson, Dr. Catherine McGregor</i>
2:30 pm—3:30 pm	MANAGING CLOCK WATCHING <ul style="list-style-type: none">• Managing Fear of Thinking about Thinking <i>Facilitators: Dr. Eldon Tunks, Martha Bauer, Dr. Eleni Hapidou</i>
3:30 pm—3:45 pm	REFRESHMENT BREAK
3:45 pm—4:45pm	CASE PRESENTATIONS ON OROFACIAL PAIN <ul style="list-style-type: none">• Medical and Functional Factors <i>Facilitators: Dr. David Rawson, Dr. Catherine McGregor</i>
4:45 pm—5:00 pm	QUESTIONS / DISCUSSION <i>Facilitators: Dr. Eldon Tunks, Martha Bauer, Dr. Eleni Hapidou, Dr. David Rawson, Dr. Catherine McGregor</i>

MARCH 2, 2013 PROGRAM (7 Mainpro-C credits)

APPLICATION OF CBT TO COMPLEX PAIN PROBLEMS

Saturday March 2, 2013

8:00 am—4:30 pm	REGISTRATION OPEN
8:00 am—9:00 am	CONTINENTAL BREAKFAST
8:45 am—9:00 am	OPENING REMARKS <i>Dr. Eldon Tunks, President, Canadian Academy of Pain Management</i>
9:00 am—9:45 am	GROUP PRACTICE MULTIPLE FAMILY MEMBERS <i>Facilitators: Dr. Eldon Tunks, Martha Bauer, Dr. Eleni Hapidou</i>
9:45 am—10:30 am	GROUP PRACTICE BRAIN INJURY <i>Facilitators: Dr. Eldon Tunks, Martha Bauer, Dr. Eleni Hapidou</i>
10:30 am—10:45 am	REFRESHMENT BREAK
10:45 am—11:30 am	GROUP PRACTICE OPIOID / DRUG ESCALATION <i>Facilitators: Dr. Eldon Tunks, Martha Bauer, Dr. Eleni Hapidou</i>
11:30 am—12:15 pm	BUFFET LUNCHEON
12:15 pm—1:00 pm	GROUP PRACTICE TREATMENT INTOLERANCES <i>Facilitators: Dr. Eldon Tunks, Martha Bauer, Dr. Eleni Hapidou</i>
1:00 pm—1:45 pm	GROUP PRACTICE DUAL GOALS OF PAIN RELIEF AND BEHAVIORAL MANAGEMENT <i>Facilitators: Dr. Eldon Tunks, Martha Bauer, Dr. Eleni Hapidou</i>
1:45 pm—2:30 pm	GROUP PRACTICE CHRONIC FATIGUE / FIBROMYALGIA <i>Facilitators: Dr. Eldon Tunks, Martha Bauer, Dr. Eleni Hapidou</i>
2:30 pm—2:45 pm	REFRESHMENT BREAK
2:45 pm—3:45 pm	CASE PRESENTATION ON PARADOXICAL INTENTION COMBINED WITH HYPNOSIS <i>Facilitator: Dr. Eldon Tunks</i>
3:45 pm—4:30 pm	WHAT TO DO IF PATIENT REVEALS SIGNIFICANT ABUSE HISTORY DURING TREATMENT <i>Facilitators: Dr. Eldon Tunks, Martha Bauer, Dr. Eleni Hapidou</i>
4:30 pm—4:45pm	CLOSURE AND EVALUATION

PAIN COURSE SERIES REGISTRATION FORM



TWO WAYS TO REGISTER:



Mail: Canadian Academy of Pain Management, 1143 Wentworth Street West, Suite 202, Oshawa, ON L1J 8P7

Fax: 1-905-404-3727—Credit Card Payments Only

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JANUARY 26, 2013 COURSE—Cancellations up to January 16. No cancellations January 17—January 26

MARCH 2, 2013 COURSE—Cancellations up to February 23. No cancellations February 24—March 2

ATTENDEE INFORMATION

Select one: (Please circle) Dr. Mr. Mrs. Ms. Prof.

Name: First _____ Last _____

Organization: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Telephone: _____ Fax: _____

Email: _____

(Please print clearly)

Dietary/Medical Restrictions or Allergies: _____

NOTE: If you require Kosher meals, they will be subject to additional costs applicable by the hotel. Please indicate here if you require Kosher and indicate which meals:

COURSE FEES

To choose your fee—first choose the category you are registering under (Member, Non-Member or Student). Note: students must provide proof of student status. Secondly, choose one: All 3 courses; choice of 2 courses or choice of 1 course. Enter total in the right side column, add HST and complete the payment information. Fax, mail or email your proof of student status to the CAPM office.

	MEMBER Regular Fee To October 31	MEMBER Onsite Fee November 1 to November 10	NON-MEMBER Regular Fee To October 31	NON-MEMBER Onsite Fee November 1 to November 10	STUDENT Regular Fee To October 31	STUDENT Onsite Fee November 1 to November 10	TOTAL
All 3 Courses Nov 10, Jan 26 & Mar 2	495.00	570.00	550.00	625.00	125.00	200.00	\$ _____
2 Courses: Select 2 (circle) Nov 10, Jan 26 Mar 2	MEMBER Regular Fee To October 31 or January 16	MEMBER Onsite Fee November 1 to 10 or January 17–26	NON-MEMBER Regular Fee To October 31 or January 16	NON-MEMBER Onsite Fee November 1 to 10 or January 17–26	STUDENT Regular Fee To October 31 or January 16	STUDENT Onsite Fee November 1 to 10 or January 17–16	TOTAL
	375.00	450.00	430.00	505.00	75.00	145.00	\$ _____
1 Course: Select 1 (circle) Nov 10, Jan 26 Mar 2	MEMBER Regular Fee To October 31 or January 16 or February 23	MEMBER Onsite Fee November 1 to 10 or January 17–26 or Feb 23–Mar 2	NON-MEMBER Regular Fee To October 31 or January 16 or February 23	NON-MEMBER Onsite Fee November 1 to 10 or January 17–26 or Feb 23–Mar 2	STUDENT Regular Fee To October 31 or January 16 or February 23	STUDENT Onsite Fee November 1 to 10 or January 17–26 or Feb 24–Mar 2	TOTAL
	195.00	270.00	250.00	325.00	50.00	125.00	\$ _____

JOIN CAPM NOW TO GET THE MEMBER COURSE RATES—Rates are applied to the 2013 membership year

(Choose one—please circle) - go to www.canadianapm.com for membership category information.

Regular Member: \$200 Corresponding Member: \$100 Student Member: \$25 \$ _____

Add 13% HST (#859733529R T0001) to course and membership fees \$ _____

Total fees payable: \$ _____

PAYMENT

Cheque: Payable to **Canadian Academy of Pain Management** and mailed to: 1143 Wentworth Street West, Suite 202, Oshawa, ON L1J 8P7

Credit Card VISA MASTERCARD AMEX

Fax this form to **1-905-404-3727**

Number: _____ EXP: _____ CVN: _____

Name on Card: _____

Signature: _____

QUESTIONS: CAPM Office: T: **905-404-9545**; office@eventsinsync.com