

Integrating Cognitive Behavioral Skills Into Clinical Practice

St. Elizabeth Education & Training Center (SETEC)

3861 Olympic Blvd.
Erlanger, KY 41018

Friday November 3, 2017

7:00 am - 8:00 am Registration and Breakfast
8:00 am - 12 pm Session I
12 pm - 1pm Lunch
1pm - 5pm Session II

Co-Sponsors:

St. Elizabeth Healthcare, Rehabilitation Services
Kentucky Physical Therapy Association
Kentucky Occupational Therapy Association

Psychosocial risk factors, such as fear of movement and pain catastrophizing, have a negative influence on rehabilitation outcomes and often result in higher levels of pain and disability. Changing Behavior through Physical Therapy (CBPT) and Occupational Therapy (CBOT) is a program designed to improve patient outcomes by addressing specific psychosocial risk factors. CBPT/CBOT focuses on evidence-based strategies of graded activity, goal setting, problem solving, cognitive restructuring, and relaxation training and is delivered using motivational interviewing. This 1-day highly interactive session will introduce the Cognitive Behavioral Therapy program, a targeted psychosocial approach to rehabilitation. Training will include a mix of presentations, practice, group discussion, case scenarios, demonstration, and short videos. Clinicians and researchers will learn strategies to help patients manage their pain and increase their activity level, replace negative thinking with positive thoughts, find the right balance between rest and activity, and decrease setbacks by recognizing high-risk situations. This workshop will provide a program for addressing psychosocial risk factors and improving outcomes in patients with acute, sub-acute, and chronic musculoskeletal pain, including those recovering from surgery.

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| Learner Objective 1 | Describe a targeted approach to rehabilitation for patients at-risk for poor rehabilitation outcomes. |
| Learner Objective 2 | Demonstrate the basic skills of motivational interviewing. Identify successful strategies for addressing specific psychosocial risk factors and improving pain, disability, and physical activity. |
| Learner Objective 3 | Demonstrate evidence-based cognitive and behavioral strategies that can be integrated into clinical care. |
| Learner Objective 4 | Demonstrate motivational interviewing skills that can be used to facilitate behavior change within a clinical setting. |

This program has been approved for 7.5 contact hours in KY for PTs and OTs. Application has been made for approval of 7.5 contact hours in Ohio for PT.

REGISTRATION FORM

Integrating Cognitive Behavioral Skills Into Clinical Practice



Name: _____

KPTA/KOTA Member # _____

Credential(s): PT PTA OT COTA
Other _____

Home Address: _____

City: _____ State: _____ Zip: _____

Employer: _____

Address: _____

City: _____ State: _____ Zip: _____

Name for Badge: _____

Preferred Address: _____ Home _____ Work

Cell Phone: _____

Work Phone: _____

Email Address: _____

Fax Number: _____



St. Elizabeth
HEALTHCARE

Faculty:

Kristin R. Archer, PhD, DPT, is Associate Professor of Orthopaedic Surgery and Physical Medicine and Rehabilitation, and Vice Chair of Orthopaedic research at Vanderbilt University Medical Center. She conducts independent research into pain-related outcomes after orthopaedic surgery and her program focuses on the implementation of rehabilitation interventions through comparative effectiveness research. Research interests also include the development of tools to assess postoperative pain, assessing pain management from a patient and payer perspective, and understanding clinician referral patterns. She has received funding as a primary investigator from the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), Patient Centered Outcomes Research Institute (PCORI), Department of Defense (DoD), and National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR). She is also a site

primary investigator on studies for the Major Extremity Trauma Research Consortium (METRC), which is funded by the DoD. Recently, Dr. Archer became the Director for the Quality and Outcomes Database (QOD), which is a national clinical registry for neurosurgical procedures and practice patterns. Dr. Archer is a research fellow of the NIH Summer Institute and a Visiting Scientist for CoHSTAR at the University of Pittsburgh. She has received awards from the North American Spine Society and American Congress of Rehabilitation Medicine. Dr. Archer holds a doctoral degree from the Johns Hopkins Bloomberg School of Public Health with a concentration in health policy and management and a masters and doctorate in physical therapy from the University of Colorado.

CONFERENCE FEE:

Early Registration: \$199 (all registrations received by August 31, 2017)

Regular Registration: \$249 (all registrations received Sept. 1 through October 13, 2017)

Late Registration: \$299 (registration received Oct. 14-Nov. 3, 2017)

On-site add \$20.00

KPTA/KOTA members: \$229 (registration received Sept. 1 through October 13, 2017)

For multiple registrations from same institution, three or more people: \$229 for each person (Sept. 1- Nov. 2, 2017)

Registration fee includes: seminar, conference materials (electronic), light continental breakfast, lunch, breaks.

Lunch meal or food restrictions if any: _____

Make conference registration with check payable to: St. Elizabeth Healthcare
Or, submit credit card information below:

Amount enclosed: _____

Credit Card: Visa Master Card

CC Number: _____

Expiration date/year: _____ CW: _____

Mail Check or CC information with registration form to:

Betsy Williams, Administration
St. Elizabeth Healthcare
85 N. Grand Ave.
Fort Thomas, KY 41075

Questions regarding the conference: 859-572-2318 or 859-957-9276

Note: Confirmation of registration will be sent by email only.