

THE INSTITUTE FOR BETTER HEALTH  
IN JOINT-SPONSORSHIP WITH  
THE BECK INSTITUTE

COGNITIVE BEHAVIOR THERAPY WORKSHOP FOR CHRONIC PAIN AND OPIOID USE  
AUGUST 22-23, 2019 \* Bala Cynwyd, PA \* 12 CE/CME

The purpose of this program is to train mental health, substance abuse and medical professionals to deliver effective CBT services to improve the lives of people suffering from chronic pain and problems associated with opiate use.

Overall Objectives:

*At the conclusion of this course, participants will be able to:*

1. Provide a rationale for using CBT to treat pain and opioid use
2. Initiate motivation by with a CBT approach
3. Conceptualize cases using the CBT model
4. Develop CBT treatment plans for treating pain and substance use
5. Incorporate relaxation and mindfulness to promote pain reduction and acceptance
6. Begin use of cognitive techniques to evaluate and restructure beliefs
7. Begin use of behavioral techniques to facilitate healthy activity
8. Use assertiveness improve existing relationships and develop new, healthy ones

*Provide a rationale for using CBT to treat pain and opioid use*

*Allen Miller, PhD*

*Initiate motivation by with a CBT approach*

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*Conceptualize cases using the CBT model*

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*Begin use of behavioral techniques to facilitate healthy activity*

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*Use assertiveness to improve existing relationships and develop new, healthy ones*

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**Recommended Readings:**

Barry, D., Cutter, C., & Beitel, M. (2016). Psychiatric disorders among patients seeking treatment for co-occurring chronic pain and opioid use disorder. *Journal of Clinical Psychiatry*. Volume 77, Issue 10, pp. 1413-1419.

Broderick, J.E., Keefe, Francis J., Schneider, S. J., Junghaenel, D.U., Bruckenthal, P., Schwartz, J. E., Kaell, A. T., Caldwell, D. S., McKee, D., & Gould, E. (2016). Cognitive behavioral therapy for chronic pain is effective, but for whom? *Pain*: 157(9), 2115–2123. doi: 10.1097/j.pain.0000000000000626

Ehde, D.M., Dillworth, T. M., & Turner, J. A. (2014). Cognitive-behavior therapy for individuals with chronic pain. *American Psychologist*. 69(2) 153–166. doi: 10.1037/a0035747