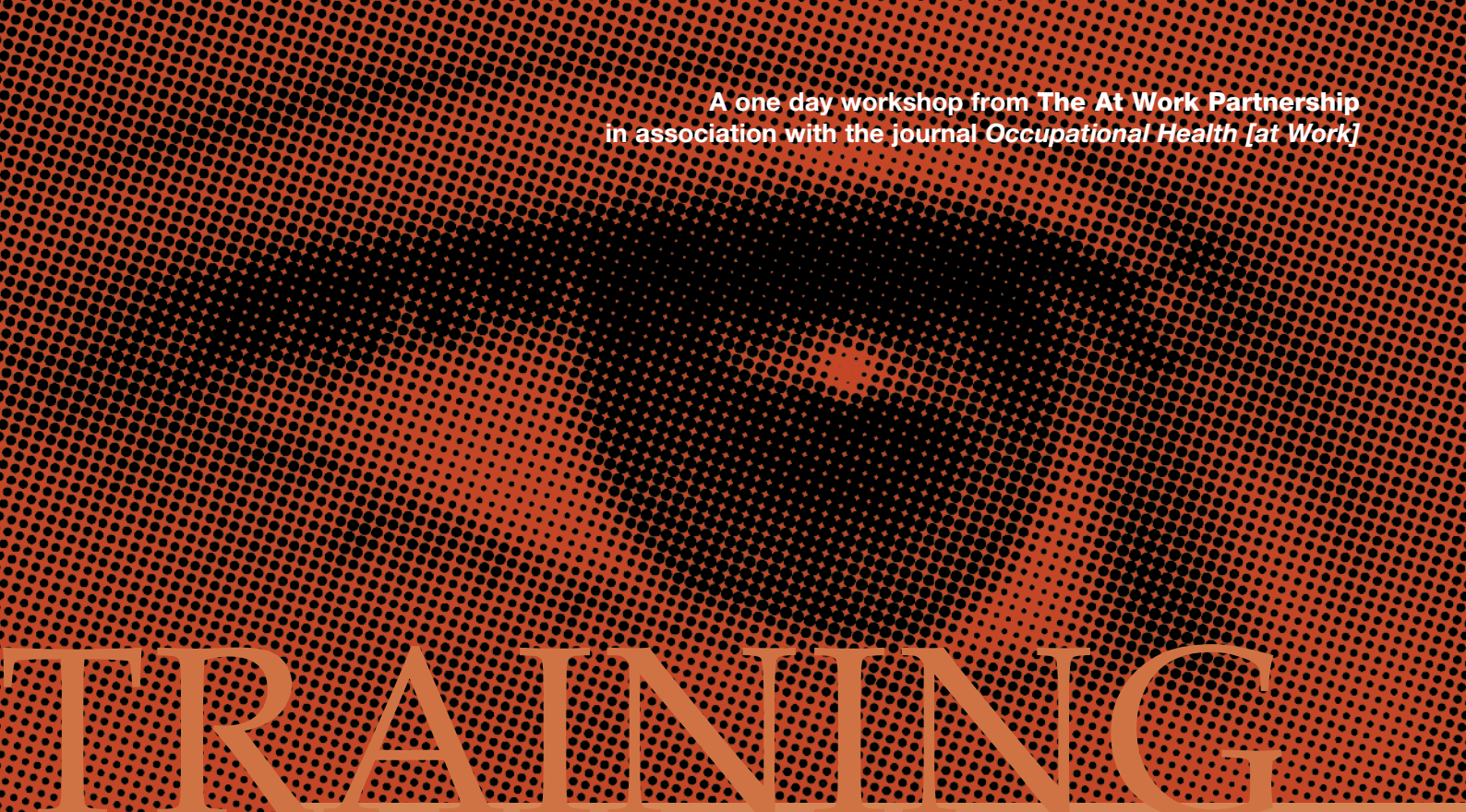
A one day workshop from **The At Work Partnership**
in association with the journal ***Occupational Health [at Work]***



How to manage back pain at work – a new approach

Tuesday 16 October 2018
Birmingham

Tutors

Sharon Wilday, consultant cognitive behavioural psychotherapist and honorary clinical lecturer, University of Birmingham

David Rogers, chartered physiotherapist, Royal Orthopaedic Hospital, Birmingham

- Evidence base
- Assessing biopsychosocial obstacles to recovery in back pain
- Developing a toolkit of treatment approaches to address biopsychosocial obstacles to recovery, focusing on psychological factors
- How to use a cognitive behavioural approach to promote recovery in back pain
- How to manage resistance to recovery
- Practical exercise and case studies

CPD: Self-certification schemes: 5½ hours

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Programme

9.00 Registration and coffee

9.20 Introduction and welcome

9.30 Background and research

- Evidence base for assessing and treating biopsychosocial obstacles to recovery in back pain
- Understanding back pain from a psychological perspective
- How to avoid common errors when assessing and treating back pain

10.15 Assessing psychological obstacles to recovery in back pain

- What are they? – fear avoidance, self efficacy and thinking styles
- How do they influence recovery?
- Recognising modifiable obstacles to recovery
- Promoting recovery using:
  - motivational interviewing techniques
  - the Stages of Change model

(There will be 15 minute break for coffee during this session)

11.50 Formulating assessment – practical session

- General principles of assessment techniques
- Performing a clinical assessment using cognitive behavioural principles to establish psychological obstacles to recovery
- Case studies

13.00 Lunch

13.45 Toolkit: Treating biopsychosocial obstacles to recovery in back pain

- Developing a toolkit of treatment approaches to address psychological obstacles to recovery
- How to use a cognitive behavioural approach to promote recovery in back pain
- How to manage resistance to recovery

14.35 Formulating treatment – practical session

- General principles of treatment techniques
- Performing a clinical treatment focusing on psychological obstacles to recovery using cognitive behavioural principles
- Case studies

(There will be a working tea during this session)

16.00 Final questions

16.10 Close of workshop

This training is designed for:

- OH physicians, OH nurses
- Allied professionals working in OH, including those working in occupational physiotherapy, vocational rehabilitation, case management and mental health

No prior knowledge is assumed, and the training is designed to take into account different levels of knowledge of the participants. It will be very relevant to delegates who have attended The At Work Partnership's *Certificate in OH Case Management* and *Certificate in Cognitive Behavioural Therapy (CBT) skills for OH professionals*.

About The At Work Partnership

Dedicated to bringing high quality, good value conferences and specialist professional development courses to OH, H&S, and HR professionals, **The At Work Partnership** researches the subjects that really matter to professionals in your field, and sources speakers who are true subject experts. We ensure that each conference is of the highest quality, and provide you with useful documentation to which you can refer time and time again.

We also publish the journal *Occupational Health [at Work]* as well as a new online service, *OH Law Online*, and we produce two free OH email newsletters, one focusing on OH law, and the other on general OH news. Visit **www.atworkpartnership.co.uk** to get your copies and find out more.

How to manage back pain at work – a new approach

Back pain is one of the five leading causes of long term absence in the UK*, making it vital that OH professionals have the skills to successfully assess, treat and manage employees with back pain. This new one day workshop from **The At Work Partnership** looks at how to assess and treat biopsychosocial obstacles to recovery in back pain, with the focus on addressing psychological factors, to improve consultations and employee outcomes.

Emerging evidence over the past few years has highlighted the important role of biopsychosocial factors in both short and long-term workplace absence due to back pain. By learning how to assess these factors, OH professionals can identify aspects of employees' back pain experience that may be holding up their recovery and preventing them from getting back to, or remaining at, work. This type of approach, using cognitive behavioural principles, is now recommended in clinical guidelines for the treatment of back pain, and the research base for this approach is substantial.

This one day workshop will provide an overview of the biopsychosocial approach and will show OH professionals how to recognise the role that psychological factors, such as fear avoidance beliefs and behaviours, catastrophic thinking styles and passive coping styles, can have on the experience of back pain and what you can do to treat it.

Looking at theory and practice, the workshop will demonstrate how to help employees improve self-efficacy; how to use strategies such as exercise and relaxation effectively to promote recovery; and, how to avoid common errors that could be made when managing employees with back pain.

The workshop will provide you with the tools to manage back pain in the workplace. The new skills learnt can be used on a day-to-day basis in occupational health to achieve better OH outcomes.

**CIPD and Simplyhealth annual survey 2016*

How will attending this workshop benefit you?

You will gain:

- Knowledge of the role that biopsychosocial factors play in preventing recovery from back pain and what you can do to change this
- A toolkit to successfully treat psychological factors to promote recovery
- Techniques to help employees move without fear
- Access to a flare-up plan for use when employees' back pain becomes overwhelming
- Guidance on how to help line managers to manage employees' back pain
- An understanding of how your day-to-day clinical work and outcomes can be enhanced by addressing psychological obstacles to recovery

About our expert speakers

David Rogers

David is a chartered physiotherapist at the Royal Orthopaedic Hospital in Birmingham, where he has established a functional restoration service for people with back pain, combining both physical and psychological treatments within an interdisciplinary team. Within OH, he has worked as a physiotherapist in a variety of industries from manufacturing to hospitality and he has worked closely with Working Minds UK, who specialise in cognitive behavioural services, on developing this training. His work is focused on applying a biopsychosocial approach to recovery, using cognitive behavioural principles aimed at maximising recovery. David is a lecturer at the University of Birmingham, and has recently published a book '*Back to Life: How to Unlock Your Pathway to Recovery When Back Pain Persists*' (Random House 2016).

Sharon Wilday

Sharon is a consultant cognitive behavioural psychotherapist, co-director of Working Minds UK, and honorary clinical lecturer at the University of Birmingham. She has a private CBT practice, working with clients with problems ranging from anxiety, stress, obsessive compulsive disorder, PTSD and depression to physical health issues known to have psychosocial components such as chronic pain. Sharon works with Health Care RM and on site at Jaguar Cars, Aston Martin and Landrover. Sharon is an accredited member of the British Association for Behavioural and Cognitive Psychotherapies (BABCP) and an affiliate of the Society of Occupational Medicine. She has presented her work on occupational mental health and sickness absence at several international conferences.

Booking Form

How to manage back pain at work – a new approach

Birmingham – Tuesday 16 October 2018

THE @Work PARTNERSHIP

A B C D E F G

First delegate

Early bird rate – save £70!

For bookings received and paid **before** 31 August 2018

☐ £299 + VAT (£358.80) per delegate – **save £70!**

Main rate – For bookings received and paid **after** 31 August 2018

☐ £369 + VAT (£442.80) per delegate

Title First name

Surname

e-mail

Position

Second delegate – save 25%

Early bird rate

For bookings received and paid **before** 31 August 2018

☐ £225 + VAT (£270.00) per delegate

Main rate – For bookings received and paid **after** 31 August 2018

☐ £275 + VAT (£330.00) per delegate

Title First name

Surname

e-mail

Position

Organisation details

Organisation

Address

Postcode

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☐ Yes – update via **post** and **email**.

☐ Yes – by **post only** (for training info and journal samples – usually 5x per annum).

☐ Yes – by **email only** (for the free monthly OH email newsletter).

☐ Phone (we are very unlikely to call unless it is for a specific reason)

☐ No, please do NOT contact me via any method.

☐ **I have read and agree to the cancellation terms:** Authorised signature

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(This booking is not valid unless signed)

Forthcoming events *please send me information on the following events*

☐ Certificate in OH Case Management, *6–8 June 2018*, London

☐ Workplace Health 2018, *25–26 Sept 2018*, Warwickshire

Administration

Venue: The workshop will be held at a hotel or training centre in central London. Details will be confirmed in your administration details.

Bookings: Places can be booked by post, telephone or e-mail. In cases where your organisation's paperwork may take a couple of weeks to reach us, please telephone us on 0345 017 6986 to reserve a no-obligation provisional place.

Conference administration details: Please contact us if you do not receive written confirmation of your booking within two weeks of making the reservation. Details of the venue, a map and any final information will be sent to paid delegates approximately two weeks before the workshop. If you have not received these one week before the event, please telephone us on 0345 017 6986, or e-mail conferences@atworkpartnership.co.uk

Cancellation policy: For cancellations received in writing 14 days before the workshop, we will provide a refund, less a 25% administration fee to cover administration costs. If the cancellation is received within 14 days of the workshop, no refund will be made, but we will accept an alternative delegate from your organisation at the event. Refunds are not available to delegates who fail to attend after confirming a booking.

Hotel accommodation: Hotel accommodation can be arranged through Venuehunt. Tel: 01722 500675. Online: www.venuehunt.co.uk

Special requirements: If you have any special needs, please let us know in advance and we will be delighted to try and help.

Payment information: Main rate: £369 + VAT per delegate. Early Bird Rate: £299 + VAT per delegate for bookings received and paid for by 31 August 2018. (Bookings made by 31/8/18, but not paid by this date, will be charged at the higher rate). A 25% discount will apply to bookings made for second and subsequent delegates from the same organisation.

To qualify for the discount, places must be booked at the same time and paid for on a single invoice.

Documentation, refreshments and a buffet lunch are all included in the price.

The fee must be paid in advance of the event. Invoices will be sent when a booking is received, and payment can be made:

- ***By cheque*** – payable to The At Work Partnership Ltd
- ***By BACS*** – please contact us for our bank account details.
- ***By credit card*** – Expiry date ____ / ____ 3 digit security number ____

  Card No. ____ / ____ / ____ / ____

*N.B. Please do not **email** a PDF of this form with your credit card details*

This programme was correct at time of going to press. In unavoidable circumstances, we reserve the right to change or cancel this event. If we do need to cancel this event, our liability is limited to a refund of fees.

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