

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

# TRAINING



## How to manage back pain at work – a new approach

**Friday 22 May 2020**  
**Central London**

### 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

Delegates at our recent events said:

*“Very informative & great delivery”*

Laura Kenyon, OH Team Manager, Managed Occupational Health Limited

*“A very comprehensive, pragmatic course – huge value  
gained from today, thank you”*

Carol Sanders, Independent Senior OH Nurse

**CPD:** Self-  
certification  
schemes:  
5½ hours



Quality  
conferences  
at value for  
money prices

**SPECIAL  
OFFER**

Book and pay by  
10 April 2020  
and **save**  
**£80 + VAT!**

# 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 a 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 courses to OH and allied health professionals, H&S and HR managers, **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, highlighting resources for additional learning. **All delegates receive a Certificate of Attendance and can gain additional CPD by participating in further learning after the conference/course, via the At Work Partnership's CPD scheme.**

We also publish the journal *Occupational Health [at Work]* as well as an 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](http://www.atworkpartnership.co.uk) to get your copies and find out more.

# How to manage back pain at work – a new approach

Back pain and musculoskeletal problems are one of the 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 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.**

*\*Office for National Statistics 2019*

## 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 occupation health, he has worked as a physiotherapist in a variety of industries from manufacturing to hospitality.

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 published a book '*Back to Life: How to Unlock Your Pathway to Recovery When Back Pain Persists*' (Random House 2016). He also lectures on The At Work Partnership's *Certificate in OH Case Management*, and has written articles for the journal *Occupational Health [at Work]*.

### Sharon Wilday MSc, SROT, Dip COT

Sharon is a consultant cognitive behavioural psychotherapist and honorary clinical lecturer at the University of Birmingham. She is director of Optimal Health UK – Wilday Consultancy Ltd, and works with clients with problems ranging from anxiety and depression to physical health issues known to have psychosocial components for example, chronic pain. She works with the NHS within a specialist clinical team for patients with fibromyalgia, persistent pain and CFS.

Sharon has over 15 years' experience specifically within OH and works with a number of large businesses providing specialist OH. She 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 Central London – Friday 22 May 2020

A B C D E F G

### First delegate

#### Early bird rate – save £80!

For bookings received and paid **before** 10 April 2020

£299 + VAT (£358.80) per delegate – **save £80!**

**Main rate** – For bookings received and paid **after** 10 April 2020

£379 + VAT (£454.80) per delegate

Title \_\_\_\_\_ First name \_\_\_\_\_  
Surname \_\_\_\_\_  
e-mail \_\_\_\_\_  
Position \_\_\_\_\_

### Second delegate – save 25%

#### Early bird rate

For bookings received and paid **before** 10 April 2020

£225 + VAT (£270.00) per delegate

**Main rate** – For bookings received and paid **after** 10 April 2020

£280 + VAT (£336.00) per delegate

Title \_\_\_\_\_ First name \_\_\_\_\_  
Surname \_\_\_\_\_  
e-mail \_\_\_\_\_  
Position \_\_\_\_\_

### Organisation details

Organisation \_\_\_\_\_  
Address \_\_\_\_\_  
Postcode \_\_\_\_\_  
Tel \_\_\_\_\_  
VAT no (for overseas orders only) \_\_\_\_\_

To process your order, we keep your details securely on our database and we NEVER pass on your details to 3rd parties. We'd like to keep you updated about relevant events and information from the At Work Partnership. You can unsubscribe at any time by emailing [info@atworkpartnership.co.uk](mailto:info@atworkpartnership.co.uk). To receive our updates, please tick the boxes below:

- Yes – update via **post, email** and **phone**.  
 Yes – by **post** (for training info and journal samples – usually 5x per annum).  
 Yes – by **email** (for the free monthly OH email newsletter).  
 Yes – by **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

.....  
*(This booking is not valid unless signed)*

### Administration

#### Venue

The event 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 0208 344 2328 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 event. If you have not received these one week before the event, please telephone us on 0208 344 2328, or e-mail [conferences@atworkpartnership.co.uk](mailto:conferences@atworkpartnership.co.uk)

#### Cancellation policy

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

#### 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: £379 + VAT per delegate. Early Bird Rate: £299 + VAT per delegate for bookings received and paid for by 10 April 2020. (Bookings made by 10/04/20, 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.**

20/07 BP

**BOOK NOW** and return your completed form to:

© The At Work Partnership 2020

**Post:** The At Work Partnership Ltd, Office 1(i), Highstone House, 165 High Street, Barnet, EN5 5SU

**Telephone:** 0345 017 6986 or 0208 344 2328 **e-mail:** [conferences@atworkpartnership.co.uk](mailto:conferences@atworkpartnership.co.uk)

Book online at [www.atworkpartnership.co.uk](http://www.atworkpartnership.co.uk)