

Working with Acceptance, Mindfulness, and Values in Chronic Pain: An Introduction and Skills Building

with Kevin Vowles, PHD, Clinical Psychologist, UNM



Chronic pain can be a source of immense human suffering and disability. There is emerging evidence indicating that as pain sufferers set aside struggles for control over pain, attend to present experiences, and engage in meaningful activities, they suffer less and function better, even while pain persists. These treatment processes are respectively referred to as acceptance, mindfulness, and values-based action. The extant literature suggests these processes are highly relevant in the treatment of chronic pain, where the best researched therapy model has been Acceptance and Commitment Therapy (ACT), a form of CBT that directly targets these processes. Medical, Behavioral/mental health, and addictions clinicians and other para professionals that work in chronic pain or chronic physical illness settings are likely to gain the most from this workshop. The overall level will be geared towards those who are relatively new to Acceptance and Commitment Therapy (ACT), which is an evidence based cognitive behavioral theoretical framework.

This seminar will provide a brief overview of the theoretical model underlying ACT and will include significant opportunities for clinical practice. The majority of the workshop will be spent in experiential, skill building, and case conceptualization exercises with training modalities including include a mix of didactic instruction, modeling, and practice/role play. Opportunities for consultation, instruction, and feedback will also be provided. At the conclusion of the class, participants will be able to more adequately identify targets for treatment in those suffering from chronic pain and directly apply interventions to augment acceptance, mindfulness, and values. 12 hrs of free Oregon NASW CE credits available (participants are encouraged to contact their individual licensing boards to determine if NASW CE's apply). Lunch will be provided

Oct 23 & 24, 2017, 8:30 AM –4:30PM
Options For Southern Oregon
1215 Southwest G Street
Grants Pass, OR 97526

This event is sponsored through the collaborative efforts of all CCOs serving Southwestern Oregon.

