



## Explain Pain

14 – 15 March 2020 | Ljubljana | University Rehabilitation Institute | Tim Beames

In a world experiencing an epidemic of chronic pain and increasing evidence of the failure of synthetic drugs; simple but extremely powerful educational tools can effectively target the natural pain treatment systems within us all.

Knowledge is power. In the new series of *Explain Pain* courses delivered by the NOI teams around the world, cutting edge pain sciences are made accessible and understandable for all. Participants will be taken through the latest knowledge of tissue, nerve, brain and stress effects on pain and movement.

Explaining modern neuroscience to patients is an evidence based strategy which can change pain and stress behaviours. Explaining pain is a two way process – the pain patterns, metaphors and stories from the patient’s viewpoint need reasoned analysis and are critical to meeting sufferers at their story.

We know more about pain in the last ten years than in the thousand years before and we are increasingly providing answers to “why do I hurt the way I do” and “what can I do about it”. The knowledge is applicable to the young and the old, from back pain to hemiplegia, general aching to the complexities of phantom pain and complex regional pain syndrome.

Decades of research and clinical experience have now been synthesised in the next step of the Explain Pain revolution – The *Protectometer*. A handbook for patients, the *Protectometer* allows a person and their clinician to map out their pain experience, understand all the many factors that affect it, and develop a tailored therapeutic education and treatment programme.

This therapy works – there are no side effects, it is available around the clock, it continues to improve and you can share it with others. These are exciting days for neuroscience, but it must be made exciting for sufferers as well.

Don’t miss this unique opportunity. NOI *Explain Pain* courses are fun, intellectually stimulating, based on evidence, always challenging, and with the introduction of the *Protectometer*, you will come away with the most impressive therapeutic tool set ever.

### COURSE AIMS

1. Provide current knowledge about pain and stress biology, in a healthy group learning environment
2. Deliver a health education framework based on conceptual change theory and practice
3. Position Explain Pain as an evidence based fundamental core of pain treatment
4. Introduce Explain Pain narratives and the clinical reasoning process for targeted delivery
5. Teach novel, reasoned educational and multimodal treatment strategies based on the *Protectometer*
6. Inspire and engender realistic hope for health care providers, their patients and all stakeholders for improved pain treatment outcomes

### INSTRUCTOR

**Tim Beames MSc BSc MCSP, UK**



Tim lives in London where he works in private practice and is co-founder of Pain and Performance, an organisation which focuses on the treatment of complex and persistent pain states and the provision of pain education for both the patient and health professional. Tim is the principal instructor for NOI UK and teaches the Mobilisation of the Nervous System, Neurodynamics and the Neuromatrix, Explain Pain and Graded Motor Imagery courses throughout the UK, Europe and Australia. He is also co-author of the Graded Motor Imagery Handbook along with Lorimer Moseley, David Butler and Tom Giles.

### REGISTRATION

Course organiser: Tanja Mihelič Klarič, Medical Programs secretary  
Email: [dogodki@ir-rs.si](mailto:dogodki@ir-rs.si)

### COURSE VENUE

University Rehabilitation Institute, Linhartova 51  
1000 Ljubljana, Slovenia

### TIMETABLE

Day 1: 08.30 Registration | 09.00 – 17.00 Lectures  
Day 2: 09.00 – 16.30 Lectures

### REFRESHMENTS

Tea, coffee and lunch will be provided.

### RESOURCES

#### Explain Pain

For pain sufferers, their clinicians and anyone interested in pain.  
*Medium level science.*



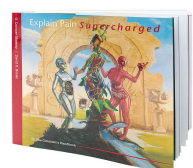
#### Explain Pain handbook: Protectometer

For pain sufferers to use on their own or with clinicians.  
*Hardly any science.*



#### Explain Pain Supercharged

For clinicians and interested pain sufferers.  
*Lots of science.*



[www.noiukshop.com](http://www.noiukshop.com)