

Distraction, Pain and Guided Imagery:

Workshop for Nursing, Medical and Allied Health Professionals



This skills workshop covers the neurophysiology of pain and fear. It includes principles of Personal Construct Psychology (PCP) and Acceptance and Commitment Therapy (ACT) in relation to pain management, especially procedural pain.

Skills include: Focused Breathing, Relaxation with Mindful Distraction and Guided Imagery. These interventions can be combined with pharmacological approaches to managing pain in children and adolescents¹.

The ACT framework and emphasis on psychological flexibility in this workshop takes distraction and pain management in a new direction.

The Theoretical Component focuses on:

- Shifting from the bottom-up sensory appraisal view to a top-down constructivist view of pain;
- Defining pain as an alarming sensory and cognitive experience encompassing *memory, emotion, attention, language, learning, thought* and *consciousness* and the relevance of each of these in pain assessment and management;

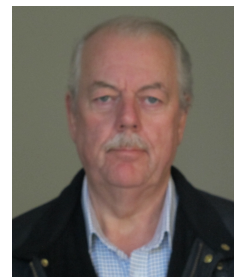
- Emotions, particularly waves of fear and feelings of threat and strategies for reducing their impact on pain;
- A combined PCP and ACT approach to working with pain in children, adolescents and adults.

The Practical Component focuses on:

- Actually doing mindfulness techniques, focused breathing and relaxation - individually and with a colleague.
- Engaging in Guided Imagery both as the person in the imagery and guiding a colleague through a guided imagery session.
- Putting skills into practice in a multidisciplinary approach to managing pain in children and adolescents.
- Advice on how to approach the notion of using these techniques with children and parents.
- Ways of maximising the efficacy of these techniques.
- What to do if a child is distressed and losing control.

Workshop Program

- 09.00 – 10.45 Introduction to pain neurophysiology, cognitive theory and emotions in health care.
Two psychologies in pain management and change: Personal Construct Psychology (PCP) and Acceptance and Commitment Therapy (ACT).
- 10.45 – 11.00 Tea Break
- 11.00 – 12.50 Distraction, relaxation and mindfulness: techniques for pain, fear and anxiety in children, adolescents.
- 12.50 - 13.30 Lunch (Provided)
- 13.30 – 15.30 Guided Imagery Technique: theory, practice and demonstration.
Guided Imagery Cases: review and discussion of videos.
- 15.30 – 17.00 Small group practice in guided imagery.
Tea Break
Group discussion and feedback: preparing for clinical practice.



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Cost £100

This multidisciplinary mini-workshop is for all staff interested in managing pain especially in children and adolescents.

The aim of the small group is to facilitate more time for discussion and moving forward with challenging cases.

Places are limited; please check the TDPC website for future dates if this workshop is full.

¹Knowledge and skills also apply to adult pain.