

Stress, Emotions and Pain in Paediatric Palliative Care

ACT-based Psychology, Pain and Palliative Care workshop for Health & Social Care Professionals



Palliative care can be complex, emotional and stressful for all involved. As health, social and allied health care professionals, what can we do to help ourselves, the children and families with whom we work through the emotions, stress and pain around end of life care?

This workshop presents a contemporary approach in psychology to working with children, adolescents and families in palliative care. The workshop is grounded in Acceptance and Commitment Therapy (ACT) (Hayes, Strosahl & Wilson 2011) and Personal Construct Psychology (Caputi, Foster & Viney, 2008; Kelly, 1955).

ACT is both a set of guiding psychological principles and a Cognitive Behavioural Therapy; its application is widespread including palliative care (Feros, Lane, Ciarrochi & Blackledge 2011; Burke et al 2014). The ACT framework in this workshop moves away from a 'fix it', 'control it' and if that fails 'avoid it' approach towards a model based on acceptance. It is important to understand that acceptance in this context means a willingness to 'be with' rather than a sense of giving up or throwing in the towel.

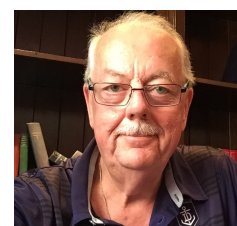
Typical approaches to managing stressful and painful events tend to rely on patterns of avoidance because in

the main, avoidance works with the day to day unpleasant aspects of life; at least in the short-term. However, with the deeper issues of life, death and pain - 'try not to think about it' or 'don't let it get to you', tends to fall rather short of the mark.

In addition to the ACT framework and skills in mindfulness, participants will learn and practice guided imagery, which they can teach to clients, child, adolescent and adults. These skills can be used with pain and symptom management, sleep disturbance or simply creating a special place for the child and parent.

Participants will be able to:

- Describe the basic tenets/application of an ACT and PCP approach to working with pain, stress and emotions in palliative care.
- Use mindfulness, defusion techniques and principles from ACT in working with the stressors in palliative care.
- Use and develop skills in guided imagery, which they can apply to their work in pain and palliative care.



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Workshop Program

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| 09.00 – 11.30 | Pain: sensation, cognition and emotion theories - useful stuff for the everyday challenges in palliative care.
ACT 1: The Approach - Personal Construct Psychology (PCP) and Acceptance and Commitment Therapy (ACT). |
| 11.30 – 11.50 | Tea break |
| 11.50 – 13.30 | ACT 2: Putting theory into practice: Towards psychological flexibility - mindfulness and defusion techniques in pain and palliative care. |
| 13.30 - 14.10 | Lunch break |
| 14.10 – 16.10 | Guided Imagery Technique: theory, practice and demonstration.
Guided Imagery Cases: review and discussion of videos. |
| 16.10 – 17.30 | Small group practice in guided imagery.
Group discussion and feedback: putting the skills into practice. |

Please visit the website above for information on Bernie's professional background.

You will also find information on ACT and PCP together with and workshops/presentations on paediatric pain, guided imagery, palliative care and living and working with high-level stress.

Venue: Oliver Wyman, 55 Baker Street, London. W1U 8EW

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This multidisciplinary-workshop is for *all* health, social and allied health care professionals working in palliative care with children, adolescents and families.

The combined ACT and PCP framework together with mindfulness and guided imagery will provide practical skills the participant can use personally and in their work in palliative care.

Places are limited