

Module 3: Lecture 6. Pain and mental health

Introduction

The lecture provides a comprehensive overview of the critical connection between mental health and overall well-being, emphasizing the inability to achieve true health without mental stability. Participants will gain an understanding of the relationship between pain, mental health, and maladaptive cognitions, and how these factors can influence therapeutic outcomes. The session highlights the multidimensional nature of pain, incorporating behavioural and cognitive perspectives, and underscores the importance of biopsychosocial assessments in physical therapy treatment. Educational strategies and communication techniques to promote patient self-management and motivation are also discussed. The content is designed to be accessible without prior preparation, ensuring participants from various backgrounds can engage with and benefit from the material presented.

Learning Outcomes Mapped to EFIC Pain Physiotherapy Curriculum

By the end of this session, participants should have an understanding of:

1. The interactions between pain and mental health.
2. Mental illnesses and maladaptive cognitions that can determine if and/ or how they influence therapy outcomes.
3. The Complex and Multidimensional Nature of Pain: behavioral and cognitive pain explanations, including fear avoidance, catastrophising, operant and classical conditioning (1.3.1)
4. Demonstrate an understanding of the rationale behind basic biopsychosocial assessments (2.1.2)
5. Education: discuss and apply educational and communication strategies to promote active patient self management, motivation and coaching (3.2.3)

Preparation

There is no preparation needed.

Content

The main subject is the cognitive and affective component of pain and the importance of it within physical therapy treatment. In this workshop the interactions between pain, maladaptive cognitions and mental health will be explained, assessment tools considering mental illnesses and cognitions will be discussed and treatment suggestions will be offered to substantiate that these factors have to be addressed in the training of physical therapy students.

Follow up / suggestions for processing and practice

It all starts with awareness that a patient might have maladaptive cognitions of mental illnesses. Make yourself familiar with talking about mental health and cognitions with the tools given, in the classroom as well as in the treatment setting. Once you do, you'll get to

patient centered care.

Reference material

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