

Explain Pain and Graded Motor Imagery Course

WHEN Starts: Friday, April 19th 2024 at 8:30 AM
Ends: Sunday, April 21st 2024 at 5:00 PM

WHERE Australia

COST Price includes lunches and morning tea

Explain Pain works to reduce catastrophisation and negative pain beliefs and when combined with active treatment, reduces pain and enhances return to work and play.

Graded Motor Imagery (GMI) is an evidence-based, graded brain training programme that accesses the brain's virtual body. It is useful for a wide range of chronic pain states where the central nervous system may be up-regulated, including osteoarthritis, Complex Regional Pain Syndrome, phantom pains and 'non-specific' spinal pains. It gives new hope to many people in pain.

GMI involves using Apps, Flashcards, motor imagery, mirrors and Explain Pain education. In this course, participants gain confidence and skills to use GMI immediately and to integrate it into their current practice effectively. The course is structured around practical sessions supported by discussions of clinical applications.



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