OPTA is excited to offer two days of a multidisciplinary, comprehensive pain education program. Attendees will enjoy a variety of educational sessions throughout the two-day event focused on understanding and managing pain for our patients.
# Program & Schedule

## September 30 - Saturday

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:30 – 9:00 AM</td>
<td><strong>Registration</strong></td>
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<tr>
<td>9:00 – 10:00 AM</td>
<td><strong>Understanding Pain: What It Is, What It Isn’t, &amp; Why This Matters</strong></td>
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<td></td>
<td>By Kevin Cuccaro, MD</td>
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<td>This presentation will describe the evolution of pain theory and the challenges faced when utilizing modern pain science. It will cover concepts and categorizations of understanding pain, and why they are important to pain treatment. The program will also discuss a conceptual model, consistent with emergent principles, that can be utilized to understand, teach, and treat pain.</td>
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<tr>
<td>10:00 – 11:00 AM</td>
<td><strong>The Neurophysiological Basis of Chronic Pain</strong></td>
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<td>By David Hanscom, MD</td>
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<td>Chronic pain is a complex neurological problem that is not amenable to structural interventions. By understanding the nature of it, an effective treatment approach can be consistently implemented.</td>
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<td><strong>Presentation Objectives:</strong></td>
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<td>• Humans survive by avoiding unpleasant sensory input from any source. The resultant chemical reaction when we encounter pain is part of the unconscious brain and a million times stronger than the conscious brain.</td>
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<td>• You cannot use rational means to address this irrational survival response.</td>
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<td>• Humans have a problem in that thoughts create the same reaction but we cannot escape them. Being trapped by your thoughts creates a sustained stress chemical response.</td>
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<td>• There are over 30 different symptoms that can result from this adverse chemical environment.</td>
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<td>• By understanding this sequence, an effective treatment plan can be consistently implemented. Chronic pain is a solvable problem.</td>
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<tr>
<td>11:00 – 11:15 AM</td>
<td><strong>Break</strong></td>
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<td>11:15 AM – 12:15 PM</td>
<td><strong>Changing the Conversation About Pain</strong></td>
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<td>By Nora Stern, MSPT</td>
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<td>As we change our understanding about pain, the next step is to adjust our language in patient and colleague conversation. Research shows that helping our patients understand pain actually improves the pain experience and helps us change the conversation about pain and then the treatment plan itself, moving towards greater engagement and activation. Let’s make our jobs easier!</td>
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</table>
12:15 – 1:30 PM
**Lunch and OPTA Fall Business Meeting**
* A box lunch will be provided for all live course attendees.

1:30 – 2:30 PM
**MI, Metaphors and Stories**  
*By Sharna Prasad, PT*
Woven in a story of a patient, we will talk about the basic principles of Motivational Interviewing, metaphors and their role in pain science.

2:30 – 3:30 PM
**Recalibration of Pain**  
*By Dan Kang, PT, DPT*
Health care is rapidly changing; low back care and pain (LBP) management is no different. The biomedical approach has shown evidence that only 8% to 15% of patients with LBP have an identified pathoanatomical diagnosis, leaving most patients diagnosed as having ‘nonspecific’ LBP, resulting in over medicalization including overuse of imaging and opioids. Ironically, this has also been associated with a concurrent increase in disability and chronicity relating to LBP, highlighting the failure of the current approaches to management. Physical therapists and other health care providers need to expand their views about the causes of pain.

**Presentation Objectives:**
- Assess the attitudes and beliefs about pain.
- Describe the patient-centered approach to low back pain care.
- Discuss the biopsychosocial influence on chronic low back pain.

3:30 – 3:45 PM
**Break**

3:45 – 5:00 PM
**Scope of Practice Panel**  
**Moderator:** Derek Fenwick, PT, MBA, GCS  
**Panelists:** Diana Godwin, JD; Dan Kang, PT, DPT; Lianne Dyche, LCSW
This panel will discuss the impact that multiple providers and professionals can have on patients managing pain. The goal of this presentation is to help participants understand your role as health providers and navigate your way through the patient's care within the scope of your expertise, experience and practice.
October 1 - Sunday

8:30 – 9:00 AM
Check In

9:00 – 10:00 AM
Movement, Mindfulness and Pain Science (MMAPS)
By Veronica Moresi, PT, DPT
The Movement, Mindfulness and Pain Science (MMAPS) pain program is a skilled physical therapy course that incorporates current research on movement, mindfulness and pain science education to help patients change their lives by decreasing pain, improving function and improving quality of life. Research shows the benefits of movement, mindfulness and education individually and this course aims to combine all three to maximize the life changing benefits of each of these methodologies. MMAPS aims to provide patients with the tools to make beneficial changes in their life to decrease pain, increase function and improve quality of life.

10:00 – 11:00 AM
How Can Behavioral Health Improve Functional Outcomes for Your Patients With Chronic Pain
By Catriona Buist, PsyD and Bill Rubine, MSPT
Managing chronic pain is complex, and treatment is improved by understanding a biopsychosocial approach to working with your patients. This session will cover what behavioral health can provide for your patients with pain. Case examples will highlight how cognitive behavioral therapy and other psychological techniques can help patients improve their function and quality of life. Practical tools and resources will be provided along with how to make a good referral to behavioral health.

11:00 – 11:15 AM
Break

11:15 AM – 12:45 PM
Don’t Try This Trick Alone! How to Create a Team in Treating Pain
Moderator: Nora Stern, MSPT
Panelists:
Kera Murphy, OT - Central City Concern
Jordan Graeme, DC - OHSU Health and Healing, Chiropractic and Nutrition
David Eisen, AC, MSW - Quest Center, Acupuncture and Multidisciplinary Pain Care
Catriona Buist, PsyD, OHSU, Assistant Professor in Anesthesiology and Psychiatry at OHSU and Pain Psychologist in the Comprehensive Pain Center
Sharna Prasad, PT, Samaritan Physical Rehabilitation Lebanon, Physical Therapy
Ruben Halperin MD, PPH, Providence, Primary Care
Kevin C. Wilson, ND, DAAPM

Working with complex pain becomes less overwhelming when approached with teamwork in mind, yet often it is hard to know whom to include in a care plan. To effectively recommend referrals and create teams within our own communities, we need to have a good understanding of the treatments and services that other professionals can provide. This panel will bring together key professional groups and we will discuss a sample case from multiple perspectives.
Registration Information

General Registration Information:
Registration includes: education sessions, electronic handout materials (if provided by speakers), and box lunch for Saturday (for live presentation attendees only).

Registration Fees:
- PTs, PTAs and Other Healthcare Professionals - $199
- Students - $99

Three Easy Ways To Register:
1. Online through our website at www.opta.org. Payment can be made with credit card.
2. Fax your completed registration form with credit card payment to: 503.253.9172
3. Mail your completed registration form with check or credit card payment to: OPTA, 147 SE 102nd Ave., Portland, OR 97216

Registrations must be received by September 26th. Space is limited for the live presentation, so early registration is encouraged to secure your spot. In the event that room space becomes filled to capacity, some registrants will not be able to be accommodated for the live version, and will be notified. Registrations will be accepted on a first-come, first-served basis. Confirmations of registration for this event will be sent by email only. Please retain the course information for future reference.

In the event of inadequate registration, weather problems or other events beyond OPTA's control, a meeting may be moved or cancelled. Should this occur, an attempt will be made to contact registrants via email and fees will be refunded. Please make sure we have your current email address on file.

Payment Policy:
For credit card security purposes, we can only accept registrations in the following ways: online at www.opta.org, via fax at 503.253.9172 or mailed to OPTA (see below for address). We cannot accept emailed or phone-in registrations.

Cancellation Policy:
Cancellations received on or before 5:00 pm September 22, 2017 will receive their total registration fees minus a $25 administrative fee. Cancellations received after 5:00 pm, September 22, 2017 no shows or non-participants, or same-day cancellations will not be refunded.

Group Discount Available:
A group discount is available for this event for companies registering for five or more attendees at the same time. To qualify for a group discount for this event, all attendees must be employed by the same company, firm, agency, school/university, or other legal entity. There must be a minimum of 5 registrations to qualify for a group discount. The OPTA office must be contacted by email or phone before the registration form is submitted with the intent to enroll under the group discount plan and to insure the group meets eligibility requirements. Once approved by OPTA staff for a group discount, all registrations must come on one registration form with all payments included--please consult with OPTA staff before you proceed with this step. Payment can come from the individual attendees if necessary. Students are not eligible to receive a group discount.
General Meeting Information

Schedule of Events

SATURDAY
Registration - 8:30 to 9:00 am
Presentations - 9:00 am to 12:00 pm
OPTA's Fall Business Meeting – 12:00 to 1:30 pm *(includes a boxed lunch for live attendees)*
Presentations - 1:30 to 5:00 pm

SUNDAY
Check in - 8:30 to 9:00 am
Presentations - 9:00 am to 1:30 pm

Location
OHSU Hospital - 8th Floor, Room 8B60 Auditorium
3181 SW Sam Jackson Park Rd.
Portland, OR 97239
—*Space is limited at facility*—
OR
Attend remotely via a live webcast. You can attend this event from anywhere you have high speed internet access and your own laptop or electronic device.

Continuing Education Hours – 9.5
OPTA CE courses and hours may be accepted by the Oregon Physical Therapy Licensing Board. A course completion certificate will be issued to registrants upon completion of the course. Oregon licensed therapists and assistants should consult Division 35 of the licensing board's administrative rules for CE requirements and note that there is no pre-certification of continuing education by the Oregon Physical Therapy Licensing Board.

OPTA Business Meeting
The OPTA business meeting will be held during the lunch on Saturday, September 30, 2017. Individuals who wish only to attend the business meeting (and not have lunch) can do so by signing in at the business meeting door and sitting in the reserved area. Attendance at the business meeting only is based on space availability.

Liability Waiver:
By registering for this course, you waive all liability to OPTA for any injury that may occur in the course.

Contact Information:

Contact OPTA via phone at 503.262.9247
or toll free at 1.877.452.4919 or email us at info@opta.org

Send registrations via fax at 503.253.9172
or mail to 147 SE 102nd Avenue, Portland, OR 97216
OPTA Pain Symposium  
Registration Form  
September 30 - October 1, 2017  

Only one registrant per form. Copy this form for additional registrants.

- Mr.  - Ms.  - Mrs.  - Dr.

First Name: ___________________________ Last Name: ___________________________ Designations: ___________________________

Company Name: _____________________________________________________________________________________________________

Badge First Name (if different): ______________________________________________________________________________________

*APTA Membership Number: ___________________________ Oregon License Number: ___________________________

Mailing Address: _____________________________________________________________________________________________________

City: ___________________________ State: _________ Zip: ______________

Is this Home  - Work

Business Phone: ___________________________ Fax: ___________________________ Email: ___________________________

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Select Your Attendance Type

I will be attending the symposium:

- In person at OHSU  - Virtually via the live webcast

Course Registration Fees — Please Check One:

- OPTA/APTA Member* $199
- OPTA/APTA Student Member $99
- PT or PTA Non-Member and other Health Care Professionals $199
- Student Non-Member $99

*Member category eligibility includes any APTA member whether in Oregon or any other state.

If you are not an Oregon chapter member, what is your APTA Chapter? __________________________________________________________

Special Needs:
If you have any special requirements (i.e., vegetarian diet, food allergies, handicap access, etc.) that would necessitate advance planning on our part, please let us know here: ________________________________________________________________________

PAYMENT OPTIONS (US FUNDS):

- Check, Payable to OPTA  - Visa/MasterCard  - American Express  - Discover

Card # ___________________________ Exp. Date _______ Amount Authorized $ ___________________________

Name on Card ___________________________ Signature ___________________________

Card Billing Address (required) ___________________________ City ___________ State _________ Zip ___________

Email address to send credit card receipt to ___________________________

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