Chronic Pain from a Dialectical Approach
With Deborah Barrett, PhD, LCSW

This workshop will provide a framework and tools to work more effectively with individuals suffering with chronic pain. The presenter will draw from research on pain and third wave cognitive-behavioral therapies to provide a rationale for what works and a roadmap to apply this to chronic physical pain, whatever its root cause.

Fee: NCPA Members - $15.00; Non-members - $30.00
Instructional Level: Intermediate
Educational Format: Lecture with some interaction and experiential exercises

Learning Objectives:
By the end of the institute, participants will be able to:

1. name and describe the pain gate control theory and at least 1 way it applies to therapeutic work with chronic physical pain;
2. identify and explain at least 2 ways that the “dialectic” is useful in work with people with chronic pain; and
3. apply at least 1 “change” strategy and 1 “acceptance” strategy to psychotherapeutic work with people living with chronic pain.

Instructor:

Deborah “Debbie” Barrett, PhD, LCSW, is a Clinical Associate Professor who divides time between the School of Social Work and the Department of Psychiatry at the University of North Carolina at Chapel Hill. As a licensed clinical social worker, she conducts individual and group therapy in the Psychiatry outpatient program, working primarily with adults suffering from chronic pain and any comorbid disorders. She is especially interested in the overlap of emotional and physical distress, and brings a dialectical approach to her clinical work.

Continuing Education Information:
This workshop is sponsored by the North Carolina Psychological Association (NCPA). NCPA is approved by the American Psychological Association to offer Continuing Education (CE) for psychologists. NCPA maintains responsibility for this program and its content. This workshop is offered for 1 hour of Category A credit.

Attendance Requirement for CE Credit:
To receive CE credit, you must attend the entire workshop. No credit will be given to participants who are more than 5 minutes late at the beginning of the workshop. You must be present at the close of the workshop and sign-in and sign-out. You may not be excused early. Partial credit is not provided.