



Treating Chronic Pain: Evolving Models of Care

Featured Speakers:

Joel Guarna, Ph.D.

Stephen Hull, M.D.

Sponsored by:



Friday, November 18, 2016

8:45am-4:45pm

University Events Room

7th floor Glickman Library

University of Southern Maine

\$119 for MePA members, \$159 for non-members

\$30 for students

(includes handouts, lunch and break)

Overview: This workshop will focus on chronic pain, the neurophysiology of pain, and changing paradigms of care, including the evolving role of opioid pain medications. We will also present on multidisciplinary treatment of pain with an emphasis on behavioral and psychosocial interventions. Included in this last part, we will also be conducting workshop-style segments aimed at helping psychologists attend to and treat their clients' pain and pain behaviors, and the interaction of chronic pain with co-morbid medical and psychological disorders.

Individuals in attendance will be able to:

1. Summarize the neurologic and immune system underpinnings of chronic pain and how this relates to the "hurt vs. harm" paradigm.
2. Summarize the current evidence regarding chronic opioid use for patients with non-cancer pain and how this relates to new laws (Maine Public Law Chapter 488) that restrict opioid prescribing for this population.
3. Identify behavioral strategies and techniques from their current repertoires that can be readily adapted to work with chronic pain patients.
4. Summarize a "template for recovery" for chronic pain patients that emphasizes behavioral and psychosocial change.

MePA is approved by the Maine Board of Psychologists to offer CE credits for psychologists and maintains responsibility for the program.

Speakers:

Physiatrist **Stephen Z. Hull, MD**, is Medical Director of Medical Pain Management at Mercy Hospital in Portland. Dr. Hull is a board certified pain medicine physician as well as a board-certified physiatrist. After earning his medical degree from the University of Washington, he completed residency and fellowship training at the University of Minnesota. He serves as the Medical Pain Management Specialist on the Maine Medical Association Chronic Pain Project, and helped secure expanded insurance coverage for physical, cognitive and behavioral therapies on the MaineCare Pain Management Policy working group. He has chaired the community-wide Integrated Pain Management Conference for the past nine years.

Joel Guarna, PhD is a licensed psychologist and member of the Maine Psychological Association. His areas of interest and specialization include specific treatment modalities (CBT and ACT), mind/body health and mindfulness-based therapies, addictions treatment, and health psychology, including treatment of pain and other chronic health conditions. Dr. Guarna currently works at the Mercy Pain Center in Portland and at Maine Behavioral Health/Behavioral Health Integration at Maine Medical Partners Endocrinology and Diabetes Center in Scarborough. He also manages a small private practice and training/consulting business in Portland.

Directions and Parking:

From the South: Take the Maine Turnpike (I-95) to Exit 44, South Portland/Downtown Portland (formerly Exit 6A). Follow I-295 to Exit 6B, Forest Avenue North. At the first traffic light, turn left onto Bedford Street. Enter the USM parking garage by taking the next first left onto Surrenden Street immediately after the Alumni Skywalk. **From the North:** Take the Maine Turnpike to Exit 47, Rand Road/Westbrook (formerly Exit 7B). Follow Route 25 east for 3 miles. At the intersection of Falmouth Street, Route 25 (Brighton Avenue), and Bedford Street, bear to the left on Brighton Avenue that soon intersects with Bedford Street. Enter the USM parking garage by taking the first right onto Surrenden Street immediately before the Alumni Skywalk. **PARKING IS FREE.** The Glickman Library is on the corner of Bedford St. and Forest Ave. The University Events Room is on the 7th floor.



Registration: Chronic Pain

Register on-line at mepa.org or fill out and return with check or credit card information

MePA member \$119___ Non-member \$159___ Students \$30 ___
Registration fee includes luncheon and breaks.

Name _____

Address _____

Town _____

Phone/email _____

VISA/MasterCard/Discover _____

Check # _____ Expiration Date _____ Security Code _____

I have special dietary needs. _____

Return form and payment by November 11, 2016 to Maine Psychological Assn.
P.O. Box 5435 Augusta ME 04332

NO REFUNDS AFTER November 11, 2016



Schedule

8:15AM Registration and Continental Breakfast

8:45AM Chronic Pain

10:15AM Break

Noon Lunch provided/MePA Business Meeting/
Psychologically Healthy Workplace Awards

1:30PM Chronic Pain

3:00PM Break

4:45PM Adjourn