

Distraction, Pain and Guided Imagery Workshop

Friday 10 May 2024 (provisional)

Centro Hospitalar e Universitário de Coimbra - Hospital Pediátrico

Welcome! This skills workshop will interest Medical, Nursing and Allied Health Professionals working with children and adolescents who experience fear and pain around medical procedures.

Skills include: Focused Breathing, Mindful Distraction and Guided Imagery. These interventions can be combined with pharmacological approaches to managing pain in children and adolescents.

The Workshop is in English (*with Australian accent*) but Bernie has much experience teaching where English is not the first language including, Sweden, Denmark, Norway, Finland, Hong Kong, Japan, Turkey, Germany.

The Theoretical Component focuses on:

- Shifting from the bottom-up sensory appraisal view to a top-down constructivist view of pain;
- Defining pain as an alarming sensory-cognitive-social experience encompassing *memory, emotion, attention, language, learning, thought* and *consciousness* and the relevance of each of these in pain assessment and management;
- Emotions, particularly waves of fear and feelings of threat and strategies for reducing their impact on pain;
- Differentiating between Anxiety and Fear and why make the distinction.

The Practical Component focuses on:

- Actually doing mindfulness techniques, focused breathing and mindful distraction - individually and with a colleague.
- Engaging in Guided Imagery both as the person in the imagery and guiding a colleague through a guided imagery session.
- Putting skills into practice in a multidisciplinary approach to managing pain in children and adolescents.
- Advice on how to approach the notion of using these techniques with children and parents and what to do if a child is distressed and losing control.

Workshop Program

- 08.30 Introduction to pain neurophysiology, cognitive theory and emotions in health care. Why pain is more than nociception.
Distraction, focused breathing and mindfulness: techniques for pain, fear and anxiety in children and adolescents.
- 10.00 Morning Tea Break
- 10.20 Skills practice: mindful distraction
Guided Imagery Technique: theory, practice and demonstration.
- 12.15 - 13.00 Lunch Break (Own arrangements)
- 13.00 Guided Imagery Cases: review and discussion of videos.
- 14.30 Skills practice: guided imagery.
Group discussion and feedback: preparing for clinical practice.
- 16.00 Finish



Dr Bernie Whitaker
RN BAppSci(Adv Nur) MNSt. Ph.D

www.top-downpaincontrol.com
b.whitaker@top-downpaincontrol.com

Please visit the website above for more info on Bernie's professional background and the workshops.

Venue: To be confirmed at the Hospital

Contact: Dr Dora Oliveira. Anaesthesiology Hospital Pediátrico

Email: dora.anestesia@gmail.com

If you work with children and pain, this workshop is for you.

Cost. Euro 120

The workshop date is provisional on interest/response as Bernie will be coming after workshops in the UK. Please confirm your wish to attend by email to Dr Oliveira by **14 February 2024**. Please email Bernie if you have questions regarding the Workshop content.

Since 1995 Bernie has conducted more than 210 workshops in 56 NHS Trusts and Hospitals worldwide.