



Schweizerischer Verband Orthopädischer Muskuloskelettaler Physiotherapie
Association Suisse de Physiothérapie Musculo-squelettique Orthopédique
Associazione Svizzera di Fisioterapia Muscoloscheletrica Ortopedica

Cognitive functional therapy - An Integrated Behavioral Approach for the Targeted Management of Disabling Low Back Pain, SVOMP Campus Zurich Switzerland 2024

Presenter of this workshop:
Associate Professor Kjartan Vibe Fersum
University of Bergen
Bergen
Norway

In this 2-day workshop a bio-psycho-social model for the assessment and management of chronic low back pain disorders will be presented. Within this model a management approach called 'cognitive functional therapy' for pain disorders will be outlined. This approach represents an integrated cognitive, movement, lifestyle and behavioural approach to management these complex disorders.

This workshop draws together current knowledge from Peter O'Sullivan's ongoing clinical work and collaborative ground breaking research around the world (Australia, Belgium, Norway, Denmark, Finland and Ireland) investigating the management of persistent pain disorders. The workshop is dynamic, interactive and practical. It includes patient demonstrations, clinical reasoning and equips physiotherapists to develop skills in communication, diagnostics as well as the design of CFT interventions for specific disorders.

Objectives (Competencies, Learning outcomes)

Overview of the back pain diagnosis, the evidence and management dilemma	1
Potential multidimensional underlying mechanisms to pain	2
Overview of the clinical reasoning framework of low back pain disorders	3
Develop the communication skills acquired to deal with complex pain problems	4
Develop competency in designing the cognitive component to the motor learning interventions	5
Develop competency in designing CFT interventions	6

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Day one

Duration (Time: am- pm)	Addressing Competency No.	Course Content	Teaching/Learning Strategies	Learning Outcome No
8 30-09.00	1	Introduction – setting the scene with some considerations	Presentation	1
9.00-10.00	1	Overview of back pain, the evidence and the dilemma of diagnosis	Presentation	1
10.00-10.15		Break		
10.15-11.45	2	Potential underlying mechanism for pain	Presentation	2
11.45-12.15	3	The clinical reasoning framework of low back pain disorders and CFT	Presentation	3
12.15- 13.00		Lunch		
13.00-13.45		Evidence for CFT	Demonstration	1,3
13.45- 14.00		Break		
14.00- 16.00	2,3,4,5,6	Patient 1	Demonstration	
16.00- 16.15		Break		
16.15-17.00		Clinical reasoning form and discussion		

Day two

Duration (Time: am- pm)	Addressing Competency No.	Course Content	Teaching/Learning Strategies	Learning Outcome No
09.00- 09.30		Recap – questions from day one		
09.30-10.00	4	Communication – Introduction & Group work	Practical	
10.00-10.45	4	Behaviour Change	Presentation	
10.45- 11.00		Break		
11.00-12.15	5,6	Making sense out of pain - group work	Practical	
12.15-13.00		Lunch		
13.00-15.00	5,6	Patient 2	Demonstration	
15.00-15.15		Break		
15.15-16.00		Summary and discussion	Demonstration	