



Bern University  
of Applied Sciences



## P4P-Course Cognitive Functional Therapy

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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.

Two patients will be assessed by Kjartan, provided by the organisers and not previously seen by him. Patients will have a complex and debilitating pain presentation and where possible included to demonstrate the principles of CFT. After each patient assessment there will be time to review the clinical process.

## Objectives

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

## Target Group

Specialists from the fields of physiotherapy, occupational therapy and nursing, as well as doctors, psychologists and other people interested in the topic.



### Lecturer

Kjartan Vibe Fersum is a Specialist Musculoskeletal Physiotherapist and a researcher. He is currently combining work in a private clinic 3 days a week in addition to working 50% as an associate Professor at University of Bergen. His research interest lies in the diagnosis and management of musculoskeletal pain disorders and the title of his PhD thesis was «Classification and targeted treatment of patients with Non Specific Chronic Low Back Pain» where Cognitive Functional Therapy (CFT) was the core work of the thesis. He was the lead investigator of the first randomized controlled trial on CFT

to test the efficacy of this intervention compared to manual therapy and exercises for long lasting low back pain, published in The European Journal of Pain in 2013.

# Registration and further information

## Dates

5. + 6. March 2020

## Cost

CHF 480.–

## Place

Bern University of Applied Sciences  
Health Professions  
Schwarztorstrasse 48  
3007 Bern

## Contact

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## Registration and Further Information

[bfh.ch/weiterbildung/physiotherapie](http://bfh.ch/weiterbildung/physiotherapie)

### What is Cognitive Functional Therapy?

Cognitive Functional Therapy is a person centred behavioural approach to pain management. It uses a multi-dimensional clinical reasoning framework to identify the mechanisms that underlie low back pain and associated disability, that are unique to each individual. It helps 'makes sense of pain' to the sufferer, by providing a personalised understanding of their pain in the context of their own story. It incorporates a motivational approach to targeting unhelpful cognitions, distress, movement and lifestyle behaviours that drive pain and disability. This course is based on the ongoing research into to contemporary management of disabling low back pain disorders.

Two patients who are provided by the organizer of the course will be assessed and treated by Kjartan. Patients will have a complex and debilitating pain presentation and where possible included to demonstrate the principles of CFT. After each there will be time to review the clinical process.

## **Bern University of Applied Sciences**

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