

Study Day and AGM



The Physiotherapy
Pain Association

'BACK TO THE FUTURE'
The past, present and future of physiotherapy in pain management

Study Day & AGM

Friday 26th January 2018

Study Day and AGM

Welcome to our 2nd Annual Study Day.

We are delighted to welcome you to what promises to be an informative and thought-provoking day of lectures, from a range of leaders in the field of Physiotherapy, Psychology and Pain.

Back to the Future; the past, present and future of physiotherapy in pain management.

We hope today's theme allows us to explore how treatment approaches and models used in pain management have developed, and are being updated with the latest research and understanding.

From models of pain and research, to therapeutic approaches, advances in the professional role of physiotherapists and how we can engage with the digital age; we are sure you will leave today with ideas that apply to your practice and stimulate you.

We are always looking for ways to develop our training support and provide you with the highest quality, affordable learning opportunities. We welcome any suggestions you have. Contact us:

e-mail: ppaonlnadmn@gmail.com

twitter: [@PhysioPainAssoc](https://twitter.com/PhysioPainAssoc)

On the day there will be Wi-Fi and we plan to use Sli.do for questions, all going to plan that is! Details are below.

We also urge you to **please complete the [Feedback](#) form** ([survey monkey](#) link attached below) to help us plan future events.

Wi-Fi: QM Events, password: AxiG6287

Sli.do: K675

Twitter: #PPA2018

Study Day Feedback form: <https://www.surveymonkey.co.uk/r/3VS59QH>

We are already thinking about next year's event, so be sure to book Friday 25th January 2019 into your diary now!

Diarmuid Denny

Education Officer

On behalf of the PPA

Friday 26th January 2018

Study Day and AGM

Venue:

[Lecture Theatre G02](#)
[Rotblat Building,](#)
[Charterhouse Square Campus, Queen Mary, University of London](#)
[London EC1M 6BQ](#)

As with all things in London, the easiest way to get there is by public transport as parking is difficult and expensive.

The nearest tube is [Barbican](#):
(Circle, Metropolitan and Hammersmith & City lines)

- Coming out of Barbican Tube, turn left and walk about 100 m.
- Take first left onto Carthusian street
(at the Italian restaurant Vecchio Parioli).



- Walk approx. 150 m to the green of Charterhouse square and turn right on the square.



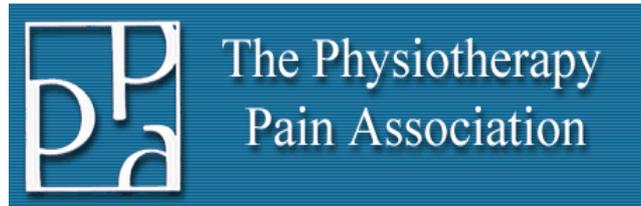
- The entrance to the campus is in the northeast corner, walk along the right side of the square to the corner.



- Enter the campus via the small arch.
- The Rotblat building is immediately on your right when you pass through the arch.
- When you enter the Rotblat Building the Lecture Theatre is on the left along the corridor. You will see the registration desk.

Friday 26th January 2018

Study Day and AGM



Presents

Back to the Future: The past, present and future of physiotherapy in pain management

Study Day and AGM

Friday 26th January 2018

0900-0930	Registration
0930-0935	Opening & Chair's Address
0935-1010	Evolutionary perspectives on pain-related behaviour and the persistence of pain Dr Amanda C de C Williams, Reader in Psychology, University College London Consultant Clinical Psychologist, UCLH
1010-1045	Predictive processing model for pain Prof Mick Thacker, Associate Professor, London South Bank University
1045-1100	Panel discussion
1100-1120	Tea and Coffee
1120-1155	Exercise for pain: what do we know and where should we go? Ben Cormack, Director and educator, Cor-Kinetic
1155-1230	Compassion focused therapy for pain Dr Rebecca Chasey, Clinical Psychologist, South Devon Healthcare NHS Foundation Trust
1230-1245	Panel discussion
1245-1345	Lunch and AGM
1345-1420	Philosophy and n=1 research Prof Roger Kerry, Associate Professor, University of Nottingham
1420-1455	Chronic Pain: Improving Outcomes by Addressing the Hidden Causes Georgie Oldfield, Physiotherapist & Founder of SIRPA
1455-1510	Panel discussion
1510-1530	Tea and Coffee
1530-1605	Prescribing for pain David Baker, ESP Physiotherapist and Clinical Director, Complete Physio
1605-1640	Embracing the digital age: Physiotherapy and social media Dr Clair Hebron, Clinician, Researcher and Lecturer. University of Brighton
1640-1655	Panel discussion
1655-1700	Closing Comments

For those who do not have to rush away we may identify a local hostelry for an after event beverage and networking opportunity! Details tbc on the day.

Friday 26th January 2018

Speaker Biographies

Evolutionary perspectives on pain-related behaviour and the persistence of pain

Dr Amanda C de C Williams, Reader in Psychology, University College London
Consultant Clinical Psychologist, UCLH



Amanda C de C Williams, PhD CPsychol, is an academic and clinical psychologist at University College London, UK, and at the Pain Management Centre, National Hospital for Neurology & Neurosurgery (University College London Hospitals). She also works as a research consultant for the International Centre for Health and Human Rights. She has been active in research and clinical work in persistent pain for 30 years, with particular interests in evaluation of psychologically-based treatments for pain; in expression of pain and its interpretation by clinicians; in evolutionary understanding of pain behaviour; and in pain from torture. Dr Williams has written over 200 papers and chapters, presents at national and international pain meetings, and is on the editorial boards of several major pain journals.

<http://www.ucl.ac.uk/pals/people/profiles/academic-staff/amanda-c-de-c-williams>

Predictive processing model for pain

Prof Mick Thacker, Associate Professor,
London South Bank University



Mick Thacker qualified initially as a physiotherapist in 1987 and worked as a specialist musculoskeletal physiotherapist at several London teaching hospitals. He undertook and passed with distinction advanced training in manual therapy before completing a Master's degree in Neuroscience at University College London (with distinction) He undertook his dissertation under the supervision of Profs Clifford Woolf and Bruce Lynn. Mick completed his PhD at King's College, his thesis focused on neuro-immune interactions and pain; more specifically the role of the chemokine CCL2 as a key mediator of neuropathic pain. His supervisors were Prof Patrick Wall, Prof Steve McMahon and Dr Steve Thompson. He undertook post-doctoral training in functional neuroimaging of pain at the Institute of Psychiatry. He has held lecturing posts at Brunel University and St Georges Medical School before moving to King's College in 2001 where he combined lecturing with Clinical duties as a Senior Consultant in Pain Management within King's Health Partnership (Including Guy's and St Thomas' Hospitals). Mick moved to London South Bank University in April 2017 where is professional lead for physiotherapy. Mick has sat on boards for both the British Pain Society and the International Association for the study of Pain. Mick was awarded a fellowship of the Chartered Society of Physiotherapy in November 2011, for his outstanding contribution to the clinical and scientific understanding of pain. He is currently undertaking a PhD in Philosophy with Prof Andy Clark at the University of Edinburgh focusing on Predictive Processing as an appropriate model of Pain.

Exercise for pain: what do we know and where should we go?

Ben Cormack, Director and educator, Cor-Kinetic



Ben Cormack owns and runs Cor-Kinetic. He is a musculoskeletal therapist with a clinical background in sports therapy, rehabilitation, pain science & exercise stretching back 15 years. He specialises in a movement & exercise based approach with a strong education component and patient centred focus.

Ben is a popular international presenter who has delivered conferences presentations and courses all over the world.

Study Day and AGM

Compassion focused therapy for pain

Dr Rebecca Chasey, Clinical Psychologist, South Devon Healthcare
NHS Foundation Trust



Rebecca Chasey D ClinPsy is currently the Lead Clinical Psychologist for the Pain Team at Torbay & South Devon NHS Foundation Trust where she collaborates closely with physiotherapy colleagues. Having worked in pain management for over 20 years, she has developed a keen interest in extending the theory and application of Compassion Focused Therapy (CFT) to enrich existing evidence based treatments for people with pain. Becky has presented at the International Compassionate Mind Conference and delivered teaching on CFT at national level. She is a visiting lecturer at the Universities of Exeter and Plymouth.

Friday 26th January 2018

Study Day and AGM

Philosophy and n=1 research

Prof Roger Kerry, Associate Professor, University of Nottingham



Roger Kerry is Associate Professor in the Faculty of Medicine and Health Sciences at the University of Nottingham, UK. He is a qualified Chartered Physiotherapist, and an honorary Fellow of the UK's Musculoskeletal Association of Chartered Physiotherapists. His main clinical research interests have been in adverse events and physiotherapy interventions of the head and neck, particularly on the causal nature of the interventions. Roger is also undertaking research activity in the Philosophy of Science, investigating the nature of causation in the health sciences, and this was the focus of his PhD. He is well- published in these areas and has been an invited speaker at numerous international conferences."

Friday 26th January 2018

Chronic Pain: Improving Outcomes by Addressing the Hidden Causes

Georgie Oldfield, Physiotherapist & Founder of SIRPA



Georgie Oldfield MCSP is a leading physiotherapist and UK Specialist in a pioneering approach to chronic pain recovery. Georgie is a clinician and author, having published her book, 'Chronic Pain: your key to recovery' in 2014. Through her company, SIRPA, Georgie developed the first training programme in this field, enabling health professionals to learn how to integrate this approach and the concept on which it is based within their own work. Georgie speaks widely about this approach and has organised and hosted two international conferences, held at the Royal Society of Medicine in London in 2015 and 2017.

Study Day and AGM

Prescribing for pain

David Baker, ESP Physiotherapist and Clinical Director, Complete Physio



David Baker qualified as a physiotherapist in 1999. Having specialised in musculoskeletal care David developed an interest in pharmacology and analgesia whilst in split role between a busy A&E department and a chronic pain clinic. David qualified as a supplementary prescriber in 2008, and following this he was seconded part-time too City University, London lecturing in topics including pharmacology of analgesics, Non-medical prescribing and medicines management. David has also works free-lance, lecturing extensively around the UK since 2010, on a number of bespoke courses relating to analgesic medications, injectable substances and medicines management issues for physiotherapists and MSK practitioners. He works as external examiner at Greenwich University Non-Medical Prescribing programme.

David was individually recognised by the Department of Health in 2012 for his contribution in developing the scope of physiotherapy practice in relation to independent prescribing and also represented the physiotherapy profession in the national media. David presented at Physiotherapy Congress 2010 and 2015 on the development of physiotherapy-led prescribing clinics in primary care and won a Service Innovation award for the development of physiotherapy led specialist pain clinics at City & Hackney PCT in 2011. David recently represented the physiotherapy profession for the review process of the Competency Framework for All Prescribers published in 2016. He continues to work closely with the Chartered Society of Physiotherapists as a clinical based advisor regarding non-medical prescribing on further projects regarding scope of practice and advice documents to CSP members.

David is one of the first physiotherapists to qualify as an independent prescriber and to use his prescribing skills both in the NHS and in private practice. David is clinical director of Complete

Friday 26th January 2018

Study Day and AGM

Physio Ltd, a chain of multidisciplinary MSK clinics in the centre of London.

David is also Chairman of the ACPOMIT professional network, and has a specialist interest in ultrasound guided injections, being one of the few physiotherapists in the country to also be dual qualified as an MSK sonographer. Last year the innovative service developed by David and his colleagues providing diagnostic ultrasound and ultrasound guided injections in a community based out-patient extended scope physiotherapy clinic won a Health Service Journal Award. He is a regular contributor and member of teaching faculty for 'The Ultrasound Site' and a regular lecturer and examiner on the University of East London Musculoskeletal Ultrasound MSc programme.

Friday 26th January 2018

Study Day and AGM

Embracing the digital age: Physiotherapy and social media

Dr Clair Hebron, Clinician, Researcher and Lecturer. University of Brighton



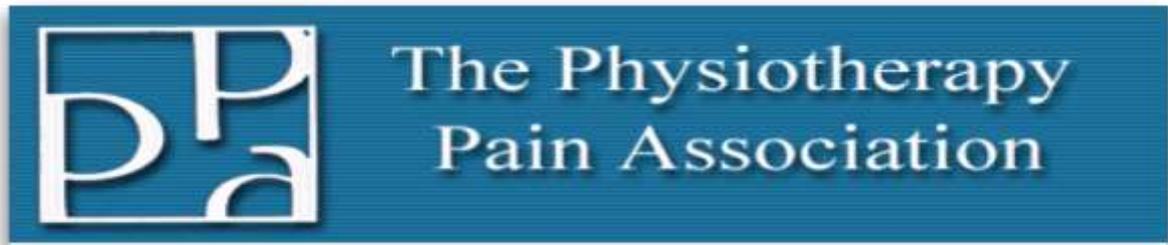
Clair Hebron is a Principal Lecturer at the University of Brighton, where she is course leader for the MSc Musculoskeletal Physiotherapy. Clair works clinically at the University of Brighton, 'Physiotherapy at the Leaf' clinic.

Clair qualified as a Physiotherapist in 1991 and worked in the NHS for many years before becoming a lecturer practitioner and then a full-time lecturer. In 2002 Clair completed an MSc in Manipulative physiotherapy and in 2014 a PhD entitled 'The Biomechanical and Analgesic effects of Lumbar Mobilisations'. Clair is the Social Media Editor for Musculoskeletal Science and Practice journal.

Clair's is currently involved in several phenomenological research projects exploring the experience of physiotherapists and people receiving care and a project exploring how art and technology can be used to help people communicate their pain experience.

Friday 26th January 2018

Study Day and AGM



Building on the success of our annual study days and responding to members' appetite for further educational and networking events, we are delighted to announce that we will be running the PPA's

'Inaugural Conference'

with...

Plenary & Workshops
Exciting speakers
Networking
Critical debate and discussion

Save the Date

Friday 25th January 2019

Venue TBC

We are looking to our members to help make this a successful and ongoing event.

Do you have any expertise in organising events? Are you interested in being a part of developing the event? If so, get in touch with us on

ppaonlnadmn@gmail.com

Follow @PhysioPainAssoc on twitter for updates

#PPA2019

Remember, feedback is important!

Please do complete the [survey about today's event!](#)

Friday 26th January 2018