

# The Minnesota Psychological Association cosponsors Friday Forums with Metropolitan State University Psychology Department

## FIRST FRIDAY FORUM

Friday, September 1, 2017

### Utilizing Psychosocial and Rehabilitative Approaches to Facilitate Improved Functioning Among Patients with Chronic Pain

Wesley P. Gilliam, Ph.D., LP and Eleshia Morrison, Ph.D., LP

**Registration:** 8:30 – 9:00 a.m.

**Program:** 9:00 a.m. – 12:00 p.m.

**Location:** Metropolitan State University

St. Paul Campus Auditorium

700 East Seventh St., St. Paul, MN 55106

#### About the Program:

*This program qualifies for 3.0 continuing education credits.*

Chronic pain is a major public health concern with profound negative effects on the well-being of millions of Americans. A 2011 report published by the Institute of Medicine estimates that 115 million US citizens experience chronic noncancer pain. Equally as staggering is the estimated 600 billion dollars spent annually on direct and indirect costs associated with treatment. Despite advancements in pain medicine and new surgical and interventional procedures, these costs continue. Strong empirical evidence implicates psychosocial factors in the development of chronic pain conditions and the maintenance of subsequent disability. This reality underscores the importance of the involvement of clinical psychologists in the management of chronic pain. This program will assist mental health providers in recognizing their critical role in the field of pain management and developing a better understanding of core components of empirically-supported psychosocial treatment approaches for chronic pain. Topics reviewed and discussed with the audience will include:

1) biopsychosocial models of chronic pain and psychosocial variables that contribute to pain disability; 2) the necessary components of a comprehensive, psychosocial pain assessment; 3) problems associated with chronic opioid use; and 4) a review of empirically-based cognitive behavioral and rehabilitative treatment approaches for chronic pain.

#### Participants will be able to:

1. Describe the psychosocial model of chronic pain.
2. Identify core components of psychosocial pain assessments.

3. Explain potential dangers associated with the use of opioid therapy for chronic pain.

4. Implement psychosocial interventions shown to be efficacious in the treatment of chronic pain.

#### About the Presenters:

**Wesley P. Gilliam, Ph.D., LP**, is Assistant Professor of Psychology in Mayo Clinic's College of Medicine and Clinical Director of Mayo Clinic Adult Pain Rehabilitation Center. His primary research interests include biopsychosocial conceptualizations of chronic pain, the degree to which psychosocial factors influence acute and chronic pain intensity, underlying pathways by which psychosocial factors exert such effects, and the degree to which these factors predict response to chronic pain treatment. Dr. Gilliam graduated from Rosalind Franklin University of Medicine and Science in 2011 with a degree in Clinical Psychology.

**Eleshia Morrison, Ph.D., LP**, assistant professor of psychology, is a clinical health psychologist at the Mayo Clinic Adult Pain Rehabilitation Center. Her clinical and research interests include psychological correlates of chronic pain, young adult pain rehabilitation, the impact of chronic pain on sexual health, and health disparity/diversity factors impacting illness trajectories and health behaviors. Dr. Morrison completed her doctoral degree in clinical psychology at The Ohio State University (Columbus, OH), clinical internship at Rush University Medical Center (Chicago, IL) and a postdoctoral fellowship in Medical Psychology at the Mayo Clinic (Rochester, MN).

*Please note: You must attend the full 3-hour program to get continuing education credit for the event.*

#### About First Friday Forums:

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

**EARLY BIRD SPECIAL FEES:** Register up to two weeks before the event, and receive a discount rate: Members = \$45, Non-members = \$65, Students = \$15. Registration fee includes refreshments, program materials, and CE certificate.

**REGULAR REGISTRATION:** Registrations received 2 weeks or less prior to the start of any Friday Forum will increase to: Members = \$55, Non-members = \$75, Students = \$25.

**CONFIRMATION/CANCELLATION:** Registrations are confirmed by receipt of forms on a first-come, first-served basis. You will not receive a written confirmation of your registration. You will be notified by mail, e-mail or telephone only if your selection is filled or cancelled.

**ACCESSIBILITY ACCOMMODATIONS:** If you need disability related accommodations, including parking, to make this event accessible, please contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or [Accessibility.Resources@metrostate.edu](mailto:Accessibility.Resources@metrostate.edu).



**REFUND POLICY:** A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. Transfer of fee to another program is granted if written cancellation notice is received at least one day before the program. No refund or transfer is given the day of the program.

**WEATHER-RELATED CANCELLATION POLICY:** On rare occasions, classes and events may be cancelled due to severe weather or other conditions. The decision to cancel events is made as early in the day as possible. If events are cancelled, an announcement is posted on the Metropolitan State Web site, [www.metrostate.edu](http://www.metrostate.edu). Announcements are made on several radio stations including the following AM stations: WCCO-830, KSTP-1500, KRSI-950, KFAN-1130, KDWB 630, WWTC-1280 and the following FM stations: KQRS-92.5, KS95-94.5, KNOW-91.1. Attendees may also call the MPA office at 952.564.3048.

# MPA First Friday Forum • September 1, 2017

Name: \_\_\_\_\_ Degree: \_\_\_\_\_ Licensure: \_\_\_\_\_

Institution/Agency: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Please check:  Home  Work

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_ Please check:  Home  Work Fax: \_\_\_\_\_

If you register **by** August 18, select the **Early Bird Registration** Fee:  MPA member: **\$45**  Non-member: **\$65**  Student: **\$15**

If you register **after** August 18, select the **Regular Registration** Fee:  MPA member: **\$55**  Non-member: **\$75**  Student: **\$25**

Total Amount Enclosed: \$ \_\_\_\_\_

Check (made payable to MPA)  Visa  MC  American Express

All credit card fields are required

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Cardholder Name (print): \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_

Credit card billing address:  Same as above

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Please do not email credit card information. Fax or mail your registration form to protect this information.

or Register online @ [www.mnpsych.org](http://www.mnpsych.org)

## Return To:

### Minnesota Psychological Association

5353 Wayzata Blvd. Suite 350

Minneapolis, MN 55416

P: 952.564.3048 • F: 952.252.8096



The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.



## LOCATION: Metropolitan State St. Paul Campus Auditorium

### Directions

**From west:** I-94 to the Mounds Boulevard (left lane) exit, straight ahead on Sixth Street one block to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

**From east:** I-94 to the Mounds Boulevard exit; turn right at Sixth Street to Maria Avenue; turn left on Maria Avenue; parking lot is on the right.

### Bus

**Bus Route:** 61, 69 (Minneapolis and St. Paul); 63 (St. Paul)  
These buses may have any terminal letter.

### Parking

St. Paul Campus-Parking is available in a lot on Maria Avenue, directly across from the campus. The parking fee at the St. Paul Campus is \$5/day.

### Handicapped-accessible parking

Contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or [Accessibility.Resources@metrostate.edu](mailto:Accessibility.Resources@metrostate.edu).

