

# Making sense of low back pain.... a cognitive functional approach



Professor Peter O'Sullivan  
Specialist Musculoskeletal Physiotherapist  
Curtin University, Perth  
Western Australia

**Dates:** Friday 2nd June – Sunday 4th June 2017  
**Venue:** Royal Free Hospital, Pond Street, London  
NW3 2QG  
**Cost:** £360  
**Registration:** Day 1 - 9.00am  
**Start & finish:** Day 1 – 9.30am to 6pm  
Days 2 & 3 - 8.30am – 5.30pm & 4.30pm  
**Course organiser:** James Davis  
email: [reception@jamesdavisphysio.co.uk](mailto:reception@jamesdavisphysio.co.uk)

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.

Four patients will be assessed by Peter, put forward by delegates 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. Delegates are most welcome to contact the organiser should they wish to put forward an appropriate patient for Peter to assess.

Light refreshments of fresh fruit and water bottles will be provided but not lunch. To register for this course click the box 'Book this course' and complete the online procedures. On receipt of payment a place will be guaranteed for you. No reservation of a place without payment is possible. A personal email must be included to receive pre-course reading via dropbox.com and course information and receipts/CPD certificate.



## Prof. Peter O'Sullivan

Peter is the Professor of Musculoskeletal Physiotherapy at Curtin University, West Australia and is a Specialist Musculoskeletal Physiotherapist (as awarded by the Australian College of Physiotherapists in 2005). His private clinic is Body Logic Physiotherapy in Perth [www.bodylogicphysiotherapy.com.au](http://www.bodylogicphysiotherapy.com.au)

Peter has an international reputation for clinical research investigating the development, multi-dimensional assessment and targeted management of chronic spinal pain disorders. He has also developed a management approach for chronic low back pain – called 'cognitive functional therapy'. He has published over 190 papers with his team in international peer review journals, has presented the findings of his research at more than 90 National and International conferences and has run clinical workshops in over 24 countries. Peter's expertise is linking of clinical research to the clinical setting. ( see [www.pain-ed.com](http://www.pain-ed.com))