

# Proposed Programme

Lifelong Learning – Picking Apart Pain Study Day – Saturday 14 April 2018

Please find below the proposed programme for the study day.

Please note that this programme is subject to change but the overall topics will still take place.

## Study Day Programme

10:00	Introduction
10:15	Pain and why we feel pain Introduction to the different types of pain The “experience of pain”, or the subjectivity of pain
10:50	Coffee break
11:00	Introduction to the Biopsychosocial model (model states how biology, psychology and social aspects affect pain) Chronic pain (mental and physical): The whys and the hows Population differences in pain perception and expression
12:30	Lunch break
13:45	Reflection on topics discussed during the morning Introduction to the different types of treatment methods for pain Coping methods for pain
15:00	Coffee break
15:10	Talking about pain: Different expressions and communication of pain Current research in pain and pain management Reflection on today’s pain topics
16:00	Event ends