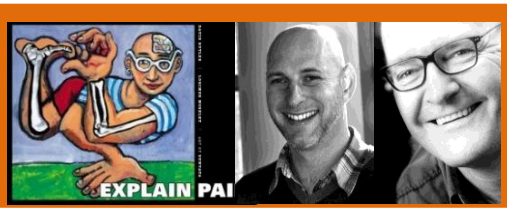
Neuro Orthopaedic Institute



Explain Pain

Slovenia | 26 – 27 January 2027 | Tim Beames

Presented in English

In a world experiencing an epidemic of chronic pain and increasing evidence of the failure of synthetic drugs; simple but extremely powerful educational tools can effectively target the natural pain treatment systems within us all.

Knowledge is power. In the new series of *Explain Pain* courses delivered by the NOI teams around the world, cutting edge pain sciences are made accessible and understandable for all. Participants will be taken through the latest knowledge of tissue, nerve, brain and stress effects on pain and movement.

Explaining modern neuroscience to patients is an evidence based strategy which can change pain and stress behaviours. Explaining pain is a two way process – the pain patterns, metaphors and stories from the patient's viewpoint need reasoned analysis and are critical to meeting sufferers at their story.

We know more about pain in the last ten years than in the thousand years before and we are increasingly providing answers to "why do I hurt the way I do" and "what can I do about it". The knowledge is applicable to the young and the old, from back pain to hemiplegia, general aching to the complexities of phantom pain and complex regional pain syndrome.

Decades of research and clinical experience have now been synthesised in the next step of the Explain Pain revolution – The *Protectometer*. A handbook for patients, the *Protectometer* allows a person and their clinician to map out their pain experience, understand all the many factors that affect it, and develop a tailored therapeutic education and treatment programme.

This therapy works – there are no side effects, it is available around the clock, it continues to improve and you can share it with others. These are exciting days for neuroscience, but it must be made exciting for sufferers as well.

Don't miss this unique opportunity. NOI *Explain Pain* courses are fun, intellectually stimulating, based on evidence, always challenging, and with the introduction of the *Protectometer*, you will come away with the most impressive therapeutic tool set ever.

COURSE AIMS

1. Provide current knowledge about pain and stress biology, in a healthy group learning environment
2. Deliver a health education framework based on conceptual change theory and practice
3. Position Explain Pain as an evidence based fundamental core of pain treatment
4. Introduce Explain Pain narratives and the clinical reasoning process for targeted delivery
5. Teach novel, reasoned educational and multimodal treatment strategies based on the Protectometer
6. Inspire and engender realistic hope for health care providers, their patients and all stakeholders for improved pain treatment outcomes

INSTRUCTOR

Tim Beames MSc BSc MCSP, UK



Tim is a pain specialist physiotherapist and pain educator living in Tunbridge Wells, UK. He's been teaching with NOI since 2006 during which he has co-authored the Graded Motor Imagery Handbook, alongside David Butler and Lorimer Moseley.
He is the co-founder of Le Pub Scientifique, a unique learning platform connecting people interested in pain to the latest science and the world leading experts on pain. He is also co-founder of Pelvic Pain Matters, a group dedicated to improving the lives of men suffering pelvic pain.
Tim splits his time between his clinical role treating people experiencing persistent pain and helping to offer hope for recovery; teaching and mentoring healthcare professionals interested in growing as clinicians; and organising and running pain-related events.

REGISTRATION

Email: dogodki@ir-rs.si

COURSE LOCATION

University Rehabilitation Institute of the Republic of Slovenia Soča
Ljubljana
Slovenia

TIMETABLE

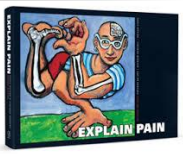
Day 1: 08.30 Registration | 09.00 – 16.30 Lectures
Day 2: 08.30 – 16.30 Lectures

REFRESHMENTS

Teas & coffees will be provided.

RESOURCES

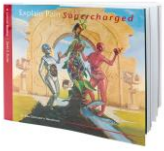
Explain Pain
For pain suffers, their clinicians and anyone interested in pain.
Medium level science.



Explain Pain handbook: Protectometer
For pain sufferers to use on their own or with clinicians.
Hardly any science.



Explain Pain Supercharged
For clinicians and interested pain suffers.
Lots of science.



www.noiukshop.com

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