

**Community Mental Health Association of Michigan  
Presents:**

**PAIN MANAGEMENT AND MINDFULNESS**

*This course qualifies for 2 CEs and fulfills the Michigan Social Work Licensing Board's requirement for licensure renewal for pain management.*

Mindfulness is recognized as a component of DBT, however it has now been expanded into Mindfulness Based Stress Response, Mindfulness Based Cognitive Therapy, and Mindfulness Based Relapse Prevention. Mindfulness proves an effective intervention with any type of impulse control issues. In addition, research proves Mindfulness as an important strategy with chronic pain. Participants attending this training should expect an overview of mindfulness applications in regard to pain management; realizing the relationship between nociceptive, neuropathic, and affective pain; and understanding the benefits of Mindfulness regarding chronic pain management and being able to determine appropriate candidates for Mindfulness. This two-hour training WILL NOT provide a level of competency in Mindfulness interventions within clinical sessions.

**About the Presenter:**

***Thomas (Tom) L. Moore, MS, MA, LMSW, LLP, CAADAC, MAC, CCS  
Owner and Principle, Two Moons, LLC***

Thomas L. Moore is the founder and principal of Two Moons Consulting. Prior to the formation of this training and consulting LLC in 2014, Tom was the Director of Workforce Development for Cherry Health in Grand Rapids. Prior roles included: Director of Informatics, Quality Management and Research for Pro-action Behavioral Health Alliance, and Clinical Director of Life Guidance Services. Tom has served as a part-time instructor for Western Michigan University since 1986, in both the Counselor Education and Counseling Psychology (CECP) Department and in the Specialty Program for Alcohol and Drug Abuse (SPADA). He holds graduate degrees in Education and Psychology from Indiana University and Vermont College of Norwich University respectively. Tom is former vice chair and continues to serve on the board of the Michigan Certification Board for Addiction Professionals (MCBAP).

**Dates**

**March 19, 2019 - 2:00pm – 4:00pm (registration at 1:30pm)**

**April 25, 2019 - 9:00am – 11:00am (registration at 8:30am)**

**Location**

**Community Mental Health Association of Michigan  
426 S. Walnut, Lansing, Michigan 48933**

**Registration Fees:**

**\$39 CMHAM Members ◆ \$47 Non-Members**

### **Participants will be able:**

1. To list mental health and substance use disorder conditions that can be improved with Mindfulness.
2. To engage in Mindfulness exercises in order to gain direct experience of the approach.
3. To determine which client presentations are appropriate for Mindfulness.
4. To identify pain pathways and the impact of Mindfulness.
5. To examine Mindfulness as a non-medication alternative to pain.
6. To apply Mindfulness to pain management strategies.

### **Training Agenda: March 19, 2019**

- 1:30pm to 2:00pm - Training Registration
- 2:00pm to 2:30pm - Overview and fundamental concept of Mindfulness
- 2:30pm to 3:00pm - Engagement in Mindfulness exercises
- 3:00pm to 3:30pm - Application to chronic pain
- 3:30pm to 4:00pm - Application to case studies; wrap up and evaluation

### **Training Agenda: April 25, 2019**

- 8:3am to 9:00am - Training Registration
- 9:00am to 9:30am - Overview and fundamental concept of Mindfulness
- 9:30am to 10:00am - Engagement in Mindfulness exercises
- 10:00am to 10:30am - Application to chronic pain
- 10:30am to 11:00am - Application to case studies; wrap up and evaluation

### **Social Work Continuing Education Information:**

**Social Workers:** This course qualifies for a maximum of **2 CEs** and **FULFILLS THE MICHIGAN SOCIAL WORK LICENSING BOARD'S REQUIREMENT FOR LICENSURE RENEWAL FOR PAIN MANAGEMENT.** The Community Mental Health Association is an approved provider with the Michigan Social Work Continuing Education Collaborative. Approved Provider Number: MICEC 060818.

**Substance Abuse Professionals:** CMHAM is approved by Michigan Certification Board for Addiction Professionals (MCBAP). CMHAM maintains the responsibility for the program and content. **Substance Abuse Professionals participating in this course may receive a maximum of 2 contact hours.** It is important that attendees keep a copy of the conference program brochure containing the workshop descriptions along with their attendance record form.

**Certificate Awarded:** At the conclusion of this conference, turn in your Certificate of Attendance form to the CMHAM Staff to be approved. You will turn in the top sheet & retain the bottom sheet which serves as your certificate of participation. No other certificate will be given.

**Grievance:** If you have any issues with the way in which this conference was conducted or other problems, you may note that on your evaluation or you may contact CMHAM at 517-374-6848 or through our webpage at [www.cmham.org](http://www.cmham.org) for resolution.

**Continuing Education Rules indicate that if you are over 5-minutes late or depart early, you forfeit your CEs for the entire training. Please note that this is a National rule that CMHAM must enforce or we could lose our provider status to provide CEs in the future. This rule will be strictly followed.**

## **Training Fees: Includes training materials.**

**\$39 CMHAM Members**

**\$47 Non-Members**

➤ TO REGISTER FOR [MARCH 19, 2019 CLICK HERE!](#)

➤ TO REGISTER FOR [APRIL 25, 2019 CLICK HERE!](#)

### **Payment Information:**

- Payment will be required prior to attendance. Payment methods available in advance and onsite: credit card, check or exact cash.
- If payment has not been received, fees will be collected at registration the day of the event unless alternate arrangements are pre-approved by CMHAM.
- Purchase Orders are not considered payment.
- All No Shows will be billed the full amount.
- **If Paying by Check: Make payable to CMHAM and mail to 426 S. Walnut Street, Lansing, MI 48933**
- **Cancellation Policy:** Substitutions are permitted at any time. No-shows will be billed at the full training rate. **Cancellations must be received in writing at least 10 business days prior to the conference for a full refund less a \$10 administrative fee.** If cancellation is received less than 10 business days prior to the training, no refund will be given.

