

Mindfulness Training for Chronic Pain

3-Day Training Preceding 2019
Pain Society of Alberta (PSA)
Annual Conference, Lake Louise



MBCPM™ Training

Mindfulness-Based Chronic Pain
Management Professional/Facilitator
Training (MBCPM™)

Facilitated by Dr. Jackie Gardner-
Nix, Associate Professor, Dept.
Anesthesia, University of Toronto,
Ontario

Date: October 15th – 17th, 2019
preceding the Pain Society of
Alberta Annual Conference
October 18-20, 2019.



1-416-461-4333



team@neuronovacentre.com



www.neuronovacentre.com



NeuroNova Centre

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The Training:

Over three days, Professional or Facilitator training will be offered to review all three modules of the trauma-informed, trauma-sensitive MBCPM™ course.

This course is appropriate for health care professionals with no prior mindfulness training which includes:

- Professional Training: attend to experience the course and learn more about mindfulness in the context of chronic pain.
- Facilitator Training: you have prior mindfulness experience with an existing personal practice and you wish to attend to learn to facilitate this course to your patients/clients.

Accommodations:

Accommodation at the Chateau Lake Louise is available within the Pain Society of Alberta conference block starting at \$199 plus tax from Monday October 14 to Sunday October 20, 2019.

Rooms are limited.

[Book now](#)





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Module 1 Day 1:

Studying the seven attitudes of mindfulness and learning the practices of mindfulness and meditation (including timed and active meditations and “rescue” meditation).

Costs:

Note: Costs includes breakfast, lunch and two breaks each day.

Single Professional: \$1225

Professionals signing up in groups of 3, or alumni: \$995 per person

please email: team@neuronovacentre.com
(a max of 12 places available for alumni)

Materials (recommended): Book
(The Mindfulness Solution to Pain) and
downloads or CDs of 20
Course meditations: \$85 plus taxes
Course participant workbook (Optional)
\$50 plus taxes

Module 2 Day 2:

Exploring self-care and self-awareness through the mindfulness lens (including Body Scan and self-awareness meditations). The influence of Body Scan on pain.

Module 3 Day 3:

Learning trauma-informed ways of interactions with others; exploring the influence of past experiences on present health, pain and behaviours. (including visualization and guided imagery, meditations). Using creative work to expand awareness.





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Course Curriculum for Facilitators:

The full detailed MBCPM™ course curriculum includes meditation transcripts, full curriculum for 13 classes (course can also be delivered over four full days), course forms, evaluation tools, and supporting research: \$650 which includes accreditation, and the first year's licensing fee. This may be purchased at the end of the training by those who wish to facilitate courses. This course is offered by NeuroNova Centre for Mindful Solutions Inc. (neuronovacentre.com), which specializes in ongoing mentorship and quality control as facilitators roll out their programs over the subsequent years.

Payment & Cancellation Fees:

Payment: will be required prior to **July 15, 2019**. If you are able to find two other people to sign up as a group of three (they don't have to be from your organization) please email team@neuronovacentre.com identifying the other two participants, and request the link for the lower fee, or that you are alumni from 2016. If registration for all three delegates is not made prior to the closing date, you will be notified and will be ineligible for the discount; the balance must be paid within two weeks of notification. If one of the three cancels, without a substitute available, or after the closing date, the other two will be charged the full training fee.

Cancellation: Prior to July 15th: full refund minus \$100 administration fee.
July 15th to October 1st: full refund minus \$400 administration/catering fee.
No refund after October 1st, but there will be an option to enroll in an on-line training which may be available by mid-2020.

Payment can be made by Cheque, Visa or MasterCard.

Please pass this letter on to anyone who you think maybe interested in the training.



NNC
mindful solutions

For questions: Contact Andrea at
team@neuronovacentre.com or Dr. Jackie
Gardner-Nix at dr.jackie@neuronovacentre.com