

# 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 15<sup>th</sup> – 17<sup>th</sup>, 2019  
preceding the Pain Society of  
Alberta Annual Conference  
October 18-20, 2019.



1-416-461-4333



team@neuronovacentre.com



www.neuronovacentre.com



**NNC**  
for  
mindful solutions

NeuroNova Centre



# Mindfulness Training for Chronic Pain

3-Day Training Preceding  
2019 PSA Conference,  
Lake Louise, AB

## 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](mailto: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

(Optional)

Course participant workbook  
\$50 plus taxes

## 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](#)





# Mindfulness Training for Chronic Pain

3-Day Training Preceding  
2019 PSA Conference,  
Lake Louise, AB

## 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).

## 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.

## 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 also appropriate for health care professionals with no prior mindfulness training. It 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.





# Mindfulness Training for Chronic Pain

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

## 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](http://neuronovacentre.com)), which specializes in ongoing mentorship and quality control as facilitators roll out their programs over the subsequent years.

## Payment & Cancellation Fees:

**Payment/Enrolment:** will be required prior to **October 7th, 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](mailto: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 late 2019.

Payment can be made by Cheque, Visa or MasterCard.

For e-transfer email team @neuronovacentre.com

*Please pass this brochure onto anyone who you think maybe interested in the training.*



**NNC**  
mindful solutions

For questions: Contact Andrea at  
[team@neuronovacentre.com](mailto:team@neuronovacentre.com) or Dr. Jackie  
Gardner-Nix at [dr.jackie@neuronovacentre.com](mailto:dr.jackie@neuronovacentre.com)