In addition to offering the Basic & Intermediate Workshops, ASCH will be offering the following Advanced Workshop in Schaumburg

**A Proactive Response to the Opiate Prescription Crisis with Compassionate Patient Centered Care: Integrating Hypnotic Utilization, Neuroplasticity, and the Psychophysiologic Pattern with Mark Weisberg, Ph.D., ABPP and Alfred Clavel Jr., M.D.**

The 2011 Institute of Medicine report Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research estimated that 100 million Americans have chronic pain. Over the last 15 years, the primary reliance on and excessive use of opiate medications has created a serious medical crisis.

The United States, which makes up 5% of the world population, uses 80% of the world’s opiates. Numerous studies demonstrate that dependence on opiate medications leads to overwhelming suffering and disability. Addressing this crisis will require considerable effort and commitment across all health-related fields.

Over the last three decades, more than 1,000 randomized controlled clinical trials have been published on low back pain alone. Most treatments for low back pain have limited clinical value. What is missing from these treatments is the role of the patient in healing and patient-centered care. We can do better.

**Helping Patients Recover and Heal Chronic Low Back Pain.**

Since back pain is the most common of chronic pain, this workshop will focus on low back pain. The critical step in managing any chronic condition is asking the patient to be part of the solution. Engaging patients in daily self-care, gradual conditioning programs, releasing tension from stress or guarding from pain and the all-important step of activating self-healing resources is critical. Opiates—especially at high doses—disconnect the brain from the body in a dissociative process, making self-care and activating self-healing resources more challenging. The goal of good treatment is to reduce dissociation and increase somatic awareness. Repetition of awareness training changes the brain through neuroplasticity and can reverse the changes in the brain associated with chronic pain. Daily practice activates self-healing resources, regulates the autonomic nervous system and creates empowerment. It prevents deconditioning and the depression that follows inactivity and isolation.

At times, modern medicine has forgotten how to help these patients switch from survival mode to healing mode, and eventually, to a state of well-being. This workshop will help you understand this process.

**Workshop Description**

In this 20 hour workshop, we will consider the role that hypnosis can play in facilitating an ideal healing state to effectively treat low back pain, help wean patients off opiate medications, and reduce central sensitization. The presenters will review the literature and take the participants on an experiential journey using a mixture of didactic and experiential approaches they can use on a daily basis in their clinical practice.

As a group, we will explore our societal over reliance on opiate medication and its consequences, understand opiate induced hyperalgesia, and create effective treatment plans for engaging patients to be part of the solution to chronic low back pain - all while tapering their opiate medications. The integration of hypnosis to help engage patient motivation, facilitate rehabilitation, reduce the pain experience, and develop a strong core will be woven throughout the workshop. Patients who undergo this training report high levels of satisfaction.

For more information contact ASCH at +1-630-980-4740 or info@asch.net
About the Presenters

Mark B. Weisberg, Ph.D., ABPP is a Board-Certified Clinical Health Psychologist in Minneapolis, Minnesota. He is Adjunct Community Faculty, Academic Health Center, University of Minnesota. Dr. Weisberg is a Fellow of the American Psychological Association, American Society of Clinical Hypnosis, and American Academy of Clinical Health Psychology. He has been involved in clinical practice and consultation in integrative mind-body medicine for over 25 years, and lectures on related topics nationally and internationally. At the Minnesota Head and Neck Pain Clinic, he consults in the treatment of a wide variety of adults and adolescents with back pain, headache, temporomandibular disorders, and other widespread pain conditions. Dr. Weisberg is the co-author of Trust Your Gut: Get Lasting Healing from IBS and Other Chronic Digestive Problems Without Drugs (Conari Press, 2013), a consumer book on integrative treatment of digestive disorders. He also conducts a private psychotherapy and consultation practice in Minneapolis.

Alfred L. Clavel Jr., M.D. is a Neurologist and Pain Specialist and current Department Chair of Pain Management for HealthPartners Inc. He served as Medical Director of the Hennepin County Medical Center Pain Program from 1993 to 2006. He practiced at Fairview-University Pain and Palliative Care Center from 2006 to 2015. He is an owner of the Minnesota Head and Neck Pain Clinic, St Paul, Minnesota a unique medical-dental integrated clinic. Dr. Clavel, MD, has found pain management to be a challenging career and a wonderful opportunity to help patients recapture their lives. His approach with patient care is simple; they work as a team to create the ideal healing state. He believes all patients have the capacity to heal. He is President of the Minnesota Society of Clinical Hypnosis (MSCH) and often offers hypnosis as part of an integrated treatment plan promoting neuroplasticity and positive change.

Together, Drs. Weisberg and Clavel have taught and written together extensively for years on topics related to integrative treatment of chronic pain conditions including the use of hypnosis.