

The Progressive Goal Attainment Program (PGAP)

An evidence-based treatment program targeting psychosocial barriers to recovery and rehabilitation for clients suffering from debilitating health or mental health conditions.

The PGAP® is the most researched standardized intervention for reducing disability associated with a wide range of debilitating health and mental health conditions. The PGAP is an empirically supported intervention that has been shown to reduce disability and contribute to successful return-to-work in individuals with back pain, whiplash, fibromyalgia, cancer, depression, and PTSD. The primary goal of the PGAP is to reduce psychosocial barriers to rehabilitation progress. This goal is achieved through the use of evidence-based techniques specifically designed to target psychosocial risk factors.

The PGAP includes:

Cognitive-behavioural techniques such as thought-monitoring and reappraisal

Behavioural techniques such as graded exposure, goal setting

Relational techniques such as disclosure and validation

The PGAP would be considered a CBT intervention, with a primary focus on behaviour change. One of the advantages of the PGAP is that it can be offered by clinicians from a variety of rehabilitation disciplines, such as occupational therapy, physical therapy, kinesiology, vocational rehabilitation, nursing, social work and psychology. Traditionally, CBT interventions have been provided primarily by clinicians with a background in mental health. The wider range of disciplines able to provide the PGAP greatly increases the accessibility of the program. The standardization of the PGAP is an additional strength. The PGAP is standardized such that all PGAP providers follow a specific set of intervention guidelines designed to have the greatest impact on reducing the client's psychosocial risk profile. In the PGAP, CBT techniques have been adapted such that 'disability reduction' is the central objective of treatment as opposed to symptom management. Finally, the evidence base speaks clearly in favour of the PGAP, particularly as it pertains to return-to-work outcomes. In all clinical trials of the PGAP, return to work has been the primary outcome variable. A list of scientific publications supporting the use of the PGAP as a return-to-work intervention can be accessed through the www.PGAPworks.com website.

Rehabilitation professionals who attend a PGAP workshop become familiar with the most recent research on disability-related psychosocial risk factors. They also become familiar with approaches to the evaluation of modifiable psychosocial risk factors; such as catastrophizing, symptom exacerbation fears, perceived disability and perceptions of injustice. These psychosocial risk factors have accounted for the most variance in disability related outcomes. Intervention techniques designed to target these factors are demonstrated and attendees are provided with video access to help them further develop PGAP-related intervention skills following the workshop. All PGAP-related intervention techniques are demonstrated within a structured activity-reintegration framework where return to work is the primary objective. Attention will be given to the psychological consequences of injury and illness and issues relating to adjudication, management, treatment and occupational re-integration.

For further information please contact us:

University Centre for Research on Pain and Disability
5595 Fenwick Street, Suite 314
Halifax, Nova Scotia, Canada B3H 4M2
Tel: (902) 471 7864
www.PGAPworks.com
E-mail: info@PGAPworks.com



Centre universitaire de recherche
sur la douleur et l'incapacité
University Centre for Research
on Pain and Disability

PREVENTING NEEDLESS DISABILITY

A 2-Day Skills Training Workshop for the Progressive Goal Attainment Program (PGAP)

Workshop topics include: 1) Screening for psychosocial risk factors such as catastrophic thinking, fear of symptom exacerbation, perceived injustice, disability beliefs: 2) Targeted intervention techniques such as guided disclosure, validation, constructive communication, anger reduction, distress reduction, motivational enhancement, structured activity scheduling, risk-specific goal setting, progressive exposure, and changing disability beliefs: 3) Occupational re-integration: Engaging the involvement of relevant stakeholders including the physician, the insurer and the employer to maximize successful return to work.

Through didactic presentation, video demonstrations and case studies, attendees will:

- Learn what is currently known about psychosocial risk factors for delayed recovery,
- Learn how to administer and interpret the results of psychosocial screening evaluations.
- Learn numerous intervention techniques designed to reduce psychosocial obstacles to rehabilitation progress.

Don't miss this opportunity to join a rapidly growing network of rehabilitation professionals who have been trained to deliver this standardized intervention.

2017 PGAP Workshop Venues

March 24 & 25, 2017
Halifax, Nova Scotia, Canada

November 17 & 18, 2017
San Antonio, TX, USA

July 14 & 15, 2017
Sydney, NSW, Australia

November 24 and 25, 2017
Toronto, Ontario, Canada

September 15 & 16, 2017
Labor and Industry (L&I), Bellevue, WA, USA
Limited seats available for residents outside WA state.

About the Presenter: Dr. Michael Sullivan is a clinical psychologist who is currently Professor of Psychology and Medicine at McGill University (Montreal, Canada), and Honorary Professor at The University of Queensland (Brisbane, Australia). He has previously held appointments in Departments of Physical and Occupational Therapy, and Neurology.

Over the past 25 years, Dr. Sullivan has worked as an educator, director, consultant, clinician, and department chair. He has served as a consultant to numerous health and safety organizations, veterans' administration organizations, insurance groups as well as social policy and research institutes. Most recently, he was Director of Recover Injury Centre in Queensland, Australia. In 2011, he received the Award for Distinguished Contributions to Psychology as a Profession by the Canadian Psychological Association.

He is best known for his research on psychosocial risk factors for pain-related disability, and for the development of risk-targeted interventions designed to foster occupational re-engagement following injury. One such intervention, the Progressive Goal Attainment Program (PGAP), was included in the 18th edition of the Official Disability Guidelines (Work Loss Data Institute, 2013) as an evidenced-based approach to the management of work-disability. Dr. Sullivan developed the Pain Catastrophizing Scale (PCS) and the Injustice Experiences Questionnaire (IEQ). The PCS has been used in more than 3000 scientific studies. The PCS has been translated into 25 languages and is currently the most widely used measure of catastrophic thinking related to pain. Dr. Sullivan has published more than 180 peer reviewed scientific articles, 2 books and 23 book chapters.

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PREVENTING NEEDLESS DISABILITY

A 2-Day Skills Training Workshop for the Progressive Goal Attainment Program (PGAP®):

An Evidence-Based Treatment Program for Reducing Disability Associated with Pain, Depression, Cancer and other Chronic Health Conditions

September 15 & 16, 2017

LOCATION : Sheraton Bellevue Hotel · 100 112th Ave NE · Bellevue, WA, 98004

The PGAP is the most researched risk-targeted intervention for reducing disability associated with a wide range of debilitating health and mental health conditions. The PGAP is an empirically supported treatment that has been shown to reduce disability and contribute to successful return-to-work in individuals with back pain, whiplash, fibromyalgia, cancer, depression, and PTSD. Become a PGAP trained provider and maximize your successful outcomes with your most challenging clients.

Through didactic presentation, video demonstrations and case studies, attendees will:

- Learn what is currently known about psychosocial risk factors for delayed recovery,
- Learn how to administer and interpret the results of psychosocial screening evaluations.
- Learn numerous intervention techniques designed to reduce psychosocial obstacles to rehabilitation progress.

Workshop topics include: 1) Screening for psychosocial risk factors such as catastrophic thinking, fear of symptom exacerbation, perceived injustice, disability beliefs: 2) Targeted intervention techniques such as guided disclosure, validation, constructive communication, anger reduction, distress reduction, motivational enhancement, structured activity scheduling, risk-specific goal setting, progressive exposure, and changing disability beliefs: 3) Occupational re-integration: Engaging the involvement of relevant stakeholders including the physician, the insurer and the employer to maximize successful return to work.

Increasingly, insurers are seeking rehabilitation clinicians who have been PGAP trained. Don't miss this opportunity to join a rapidly growing network of rehabilitation professionals who have been trained to deliver this standardized intervention.

The workshop will be held 8:30am to 4:30pm both days. Please note that 100% attendance both days at the workshop is required to receive a certificate of completion.

Using this link, you can book a room at the workshop hotel online for our group negotiated rate (\$159.00 USD*).

<https://www.starwoodmeeting.com/events/start.action?id=1702284538&key=66F91C9>

Rate includes complimentary WIFI and free self-parking. The room block is available until August 21, 2017, subject to availability. It is possible that the block will be sold out prior to this date. We encourage you to book early to secure a room.

Your registration fee includes the following PGAP materials: A copy of the PGAP Treatment Manual, Client Workbook, and the workshop handout. Materials will be distributed at the workshop. A limited number of additional materials including newly released videos will be available for purchase on site. If you would like to pre-order materials to ensure they will be available please contact us at: info@PGAPworks.com

Arrival morning coffee/tea (breakfast not included), mid-morning and afternoon nutrition breaks and lunch both days are also included in the registration fee.

Registrations received by May 26, 2017 will benefit from an early-bird fee of \$875.00 (All fees in Canadian Dollars). The regular rate for registrations received after May 26, 2017 is \$925.00. Space is limited for this workshop. Registrations will be processed in order in which they are received with payment. Registrations may be refunded or transferred to another participant for an administrative fee of \$100 up until August 11, 2017. All requests must be in

writing no later than August 11, 2017. There are NO refunds or transfers of registrations after August 11, 2017. (Please note, receipts can only be made out to the Card Holder).

Please do not make travel accommodations until you have received a confirmation of your successful registration.

Keep a copy of your registration email for your records as this form contains ALL the information you require to attend the workshop.

PREVENTING NEEDLESS DISABILITY

A 2-Day Skills Training Workshop for the Progressive Goal Attainment Program (PGAP®):

September 15 & 16, 2017
8:30 am - 4:30 pm (Both Days)

LOCATION : Sheraton Bellevue Hotel · 100 112th Ave NE · Bellevue, WA, 98004

PLEASE PRINT CLEARLY and complete all fields to avoid delays in your registration. Please keep a copy for your records as this form contains ALL the information you require to attend the workshop.

Please note, fax number or e-mail address required to receive confirmation (**ALLOW 10 DAYS**) of receipt of registration form.

Name: _____ Profession : _____

Company (if applicable) _____

Address : _____ City/Town: _____

Province/State: _____ Country: _____

Postal/ ZipCode: _____

Phone : _____ Fax : _____

E-mail : _____

Please note credentials and titles are **not** transcribed on certificates.

I would like my name on my completion certificate to appear as:

Allergies: _____

Payment must accompany registration. All fees are in Canadian Dollars. No exceptions. Please do not make travel accommodations until you have received a confirmation of your application.

* **Check one:** \$875.00 CND (early-bird, received by May 26, 2017), \$925.00 CND (received after May 26, 2017)

* **Check one:** Visa, MasterCard

CC # _____ Expiry Date : _____

Cardholder Name: _____

Cardholder Signature: _____

**Please send completed form and payment to: PDP Program Inc.
5595 Fenwick Street · Suite 314 · Halifax · Nova Scotia · Canada B3H 4M2 or Fax: 1-902-421-1292**