



**For More Information:**

Phone: 419-969-6099

E-mail: [info@glseminars.com](mailto:info@glseminars.com)

Payment in full is due with registration and there is a non-refundable cancellation fee of \$50. There will be no refunds given within two weeks (14 calendar days) of the seminar. Great Lakes Seminars reserves the right to cancel the course due to unforeseen/unavoidable circumstances. In the event of a cancellation Great Lakes Seminars will not be responsible for any charges incurred by the registrant other than the course cost.

This course is also available as a private course for your staff. Please visit us on the web at [www.glseminars.com](http://www.glseminars.com) for more details.

**2023 Course Schedule**

- January 21, 2023 - Toledo, OH & Virtual
- March 11, 2023 - Minneapolis, MN
- July 15, 2023 - Wilmington, NC
- November 11, 2023 - Toledo, OH & Virtual

Please check our website for the most updated schedule: [www.glseminars.com](http://www.glseminars.com)



**Understanding Pain:  
Reducing Perceived  
Threat by Changing  
Perception**

**2023**



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# Understanding Pain: Reducing Perceived Threat by Changing Perception

## Course Description

Understanding pain science is a critical aspect of successful patient care. However, pain science is often too focused on the science and not directly applicable to helping your patients get better. This course will enhance the treatment you provide by helping you better understand pain as well as how to talk to your patients about it in a way they understand, embrace and do not fear.

This course dives deep into what pain is and why we have it, and will provide you with evidence-based strategies on how to use pain neuroscience education to improve patient outcomes. We'll teach metaphors and stories that help nudge patients in the right direction, depending on their readiness to make a behavior change. We'll also look at neurodynamics (movement of the nervous system) and how to treat a sensitive nerve. Finally, we'll discuss strategies to talk patients down from the "osteoarthritis/disc pathology cliff" when they are fixated on these issues and ignoring what can improve their pain and function.

## Karl Buche

### PT, DPT, CIMT, CIDN, TPS, OCS

Karl completed his undergraduate degree in Exercise Science from Michigan Technological University in 2012, then went on to graduate with his doctorate in physical therapy from Central Michigan University in 2016. He works at Probability Physical Therapy, which is based in southeast Michigan, and is the director of the Pinckney Clinic. After obtaining his CIMT credentials in 2019, he began teaching and assisting courses for GLS, with his main area of expertise being pain neuroscience. He believes in an eclectic treatment approach, including many styles of manual therapy, pain education, and individualized exercise. He cares deeply about the manner in which we communicate with our patients, and loves teaching others how to minimize nocebo effects during patient interactions. He lives in Chelsea, MI with his wife, Catherine, and puppy, Olive. He enjoys treating all orthopedic dysfunctions, and loves to incorporate breathwork into his practice.

## Course Objectives

At the completion of this seminar, the participant will be able to:

- Correctly and independently explain the difference between actual pain and perceived pain.
- Correctly and independently explain how a pain experience is generated.
- Correctly and independently explain why we cannot depend on imaging alone to guide our clinical judgement.
- State 5 metaphors used to explain pain to patients.
- Correctly identify the stages of behavior change as well as how to guide a person through them.
- Correctly and independently explain both osteoarthritis and disc pathologies and how they relate to each other.

## Course Outline

### Saturday

- 7:30am Doors Open
- 8:00am Lecture: What is Pain?
- 8:30am Lecture: Basics of the Nervous System
- 9:00am Lecture: Pain Neuroscience Education
- 10:30am Lecture: The Transtheoretical Model and Motivational Interviewing
- 11:00am Lecture: Neurodynamics
- 12:00pm Lunch (on your own)
- 1:00pm Lab: Neurodynamics and Treatment of Neural Containers
- 2:30pm Lecture: Talking a Patient off of the Osteoarthritis Cliff
- 3:30pm Lecture: Talking a Patient down from the Disc Pathology Cliff
- 4:30pm Review: Pain Neuroscience Education Metaphors and Neurodynamics
- 5:00pm Adjourn

## Continuing Education

Our courses are submitted for continuing education approval in the state in which they are held. Please check [www.glseminars.com](http://www.glseminars.com) to ensure that the course you are planning to attend is approved in your state. Certificates of completion with the number of course hours will be emailed to attendees after the completion of each course.

## REGISTER TODAY!

Register online at [www.glseminars.com](http://www.glseminars.com) or fill out this form and fax to (419) 730-1216 or mail with payment to: 2768 Centennial Road, Toledo, OH 43617.

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