

KNOW PAIN ONLINE (DAY 1)

9am Setting the scene (Part 1)

10am Break

10:10am Setting the scene (Part 2)

11:10am Break

11:20am Neurobiology (Part 1)

12:20pm Lunch

1:20pm Neurobiology of pain (Part 2)

2:20pm Break

2:30pm Facilitating Pain Education (Part 1)

3:30pm Break

3:40pm Facilitating Pain Education (Part 2)

4:40pm Finish

KNOW PAIN ONLINE (DAY 2)

2

9am The Language of Pain (Part 1)

10am Break

10:10am The Language of Pain (Part 2)

11:10am Break

11:20am Pain Psychology (Part 1)

12:20pm Lunch

1:20pm Pain Psychology (Part 2)

2:20pm Break

2:30pm Getting Going Again

3:30pm Break

3:40pm Case Study/ Q&A

4:40pm Finish