Cognitive functional therapy for the targeted management of lumbo-pelvic pain in sporting populations

Professor Peter O’Sullivan  
Specialist Musculoskeletal Physiotherapist  
Curtin University, Perth  
Western Australia

Venue: Royal Free Hospital, London  
Date: 16th - 17th March 2015  
Cost: £230

Organiser: James Davis  
Tel: 01245 349 096  
To book: www.jamesdavisphysio.co.uk/cft/pos2015

This 3 day workshop presents a unique opportunity to hear Professor Peter O’Sullivan. Peter is a highly sort speaker whose innovative research is changing the management of complex pain disorders.

Peter is both a highly skilled clinician, leading clinical researcher and dynamic educator.

This unique workshop outlines Peter’s classification model for the assessment and management of complex back pain disorders. He has developed an assessment and treatment approach called ‘Classification based - cognitive functional therapy’ (CB-CFT) that integrates cognitive strategies and functional rehabilitation to change provocative movement and cognitive behaviours that provoke and maintain pain.

The workshop is dynamic, interactive and practical. It includes 3 patient demonstrations, clinical reasoning and equips physiotherapists to develop skills in diagnostics as well as the design of CFT interventions for specific disorders.

Be prepared to change your beliefs about back pain if you sign up for this workshop.

Attendee wrote:  
“Every patient I am looking at with new eyes. It makes sense and it makes sense to my patients. This course has been empowering. Every physio working with patients in pain should do it!!”
Prof. Peter O’Sullivan

Peter is a Specialist Musculoskeletal Physiotherapist who consults 3 days per week in a multi-disciplinary practice www.bodylogicphysiotherapy.com and is the Professor of Musculoskeletal Physiotherapy at Curtin University, Western Australia where he teaches at a post graduate level and conducts clinical research.

Peter has an international reputation for clinical research investigating the development, classification and targeted management of chronic spinal pain disorders and a new management approach for non-specific chronic low back pain – called ‘cognitive functional therapy’.

He has published over 100 papers with his team in international peer review journals, has presented the findings of his research at more than 50 National and International conferences and has run clinical workshops in over 22 countries. Peter’s expertise is linking of clinical research to the clinical setting.