



EMPOWERED RELIEF™

Workshop Agenda (subject to minor changes)

DATES

Two-day workshop, dates vary

TIME ZONE

All times and days are Pacific Standard (PST)

DAY 1

- 0830 Login to Zoom platform
- 0845 Welcome, orientation to the workshop, terms of use, brief introductions
- 0930 Scientific background
- 1000 **BREAK**
- 1015 Scientific background
Class applications in clinical practice and research
Optimizing placebo (non-specific factors), minimizing nocebo
- 1100 **BREAK**
- 1130 Discussion; outline of the treatment manual and materials
- 1215 **BREAK**
- 1245 View online class delivered to patients from the Stanford Pain Management Center
- 1500 Class ends
- 1515 **BREAK**
- 1530 Post-class group debrief and discussion
- 1630 Adjourn

Homework: Read Instructor Manual

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<https://empoweredrelief.stanford.edu>

NOTE: You will be emailed a PDF of collated articles relevant to the workshop content. In your workshop binder (mailed to you) you will find hard copies of select articles, along with a summary of select scientific articles on relevant topics.

DAY 2

Early morning homework: Read Instructor Manual a second time

- 1000 Group discussion of the class and review of scientific content covered in the class (articles, data)
- 1200 **BREAK**
- 1245 Orientation to the online breakout rooms
- 1300 Interactive skill building and content practice
PERIODIC BREAKS DURING AFTERNOON SKILL BUILDING
- 1500 Small groups rejoin; group presentations and discussion
- 1600 The importance of presence, authority, and warmth, key ingredients that optimize non-specific efficacy (placebo)
- 1630 Certification (review processes, license restrictions, webinar follow-up)
ADJOURN

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Empowered Relief™
TRAIN YOUR BRAIN AWAY FROM PAIN