



## Red Deer Primary Care Network presents:

# Coach Training for Health Care Professionals

The Alberta Moving on with Persistent Pain Program results: There was an average increase of 12% in mood, enjoyment of life, relationships, and the ability to walk, to sleep, and to work from the start of the program until the end.

- Participants reported slight decreases in pain intensity.
- The degree to which pain interfered with their lives also decreased.

Group Participant's comments:

*"Having people to talk to, realize that there is life with chronic pain."*

*"Learning to be positive and also pace myself. I also found the connection to other programs was great."*

*"Learning how to pace myself and changing my pain paths."*

*"Understanding how the mind works regarding pain."*

*"Realization that I can 'trick' my mind, work with my pain to still move forward. Practice skills each week."*

Alberta Moving on with Persistent Pain is an 8-week workshop focusing on developing skills to improve functioning for people who have chronic pain. It is a simple, positive workshop to help people learn more about chronic pain. Training includes pacing daily activities to improve stamina and energy while preventing flare ups, exploring the mind-body connection through engaging activities, and facing challenges to change lifestyle factors that impact pain. Participant and coach's manuals have been developed for the workshop, along with the Alberta wide branding which makes it transferable to any organization. Moving on with Chronic Pain workshops have been offered by Red Deer PCN for the last 5 years.

Coach training is available **in person**. In-person training is offered a limited number of times per year and trainees cover their personal expenditures.

To reserve a spot in the August 2020 in-person training:  
-complete the attached registration form  
-mail it along with your payment to Red Deer Primary Care Network by March 31, 2020.



**When: May 6 & 7, 2020**

**Registration: 8:30 am May 6, 2020**

**Session time each day: 9:00 am – 4:00 pm**

16 Hours of Pre reading and video review is required. You will get access to this on the PMO site after registering- please give 2 weeks for access so plan ahead.

**Where: Red Deer Primary Care Network  
5120 47 Street,  
Red Deer, AB**

**Cost: \$125.00** (to cover nutrition breaks, lunch & take-home training materials)

**Accommodation:**

If accommodations are required, we suggest the:

**Black Knight Inn @ 844.746.8750**

**Super 8 Red Deer City Centre @ 403.358.7722**

**Questions?** Contact Gail Loov at [programsharing@rdpcn.com](mailto:programsharing@rdpcn.com)  
or 403.406.4

5120 47 Street, Red Deer, AB T4N 1R9



# Facilitator Training Application Form For Health Care Professionals

May 6 & 7, 2020

*Please complete this registration form and mail it along with your \$125 registration fee to Red Deer Primary Care Network by March 31, 2020.*

Name: \_\_\_\_\_

Company: \_\_\_\_\_ Professional Designation: \_\_\_\_\_

Email: \_\_\_\_\_ Contact Number: \_\_\_\_\_

1. **Why are you interested in becoming an Alberta Moving on with Chronic Pain Coach?**

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2. **How do you see spreading this program at your workplace?**

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The training program requires a minimum of 5 participants. If the minimum participants are not achieved for this Learning opportunity, it may be cancelled with full refund of registration fee.