



## Institute for Psychological Advancement

### Counseling Clients with Chronic Physical Illness / Pain

Chronic physical illness and pain are frequently co-occurring with mental health disorders. Being diagnosed and living with a chronic physical illness or pain has numerous effects. Clients may experience avoidance, unresolved grief, anger, irritability, depression, anxiety, difficulty sleeping, changes in appetite, and more. While having these reactions are normal, it is not healthy to live with these symptoms untreated. Clinicians need to be prepared to help clients survive and accept their experience and manage their mental health symptoms, which may in turn have a positive impact on their physical condition.

### Learning Objectives:

Upon conclusion of this program, participants should be able to...

1. Discuss the relationship between chronic physical illness/pain and mental health disorders
2. Learn counseling techniques to address symptoms related to physical illness and pain

### Learning Level:

Basic

### Target Audience:

This training is designed for professional counselors, school counselors, social workers, marital and family therapists, psychologists, addiction counselors, case managers, nurses, and other health care professionals.

### Continuing Education:

To obtain the certificate of completion for the 1.25 clock hours (1.5 CE hours) associated with this course, the participant will need to attend the webinar presentation. Attendance will be taken at some point prior to the completion of the presentation. At the end of the program, participants will receive a certificate of completion and optional program evaluation.

The content of this event may meet requirements for most national, state, and local licensing boards and professional organizations. Be sure to print the event description and submit with your certificate of attendance to your professional board for consideration. For rules governing continuing education, participants should contact their respective regulatory boards.

Kansas Behavioral Sciences Regulatory Board does not require pre-approval of CE programs and does not even offer an approval process for most professions. They will consider CE programs that cover content specific to each profession's practice, skills, ethics, and knowledge. Additional information is provided on their website under each profession, typically in the FAQ sections.

Missouri Division of Professional Registration does not require continuing education providers or programs to be approved prior to the event. They will accept continuing education that is relevant to each profession (i.e. for professional counselors content must be primarily related to counseling, for psychologists content must be mostly psychological, and so on). Additional information is provided on their website.