



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 can be traumatic and has numerous effects. A traumatic reaction may include avoidance, unresolved grief, anger, irritability, depression, anxiety, difficulty sleeping, changes in appetite (eating too much or too little), and often a combination of these symptoms. While having a traumatic reaction is normal, it is not healthy to live with these symptoms. Clinicians must be prepared to help clients survive their experience and manage symptoms.

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. Apply counseling techniques to symptoms related to physical illness and pain
3. Describe how being diagnosed and living with chronic physical illness and pain is traumatic for clients
4. Illustrate effective use of validation with clients

Learning Level:

Basic to Intermediate

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 3 CE hours associated with this course, the participant will need to sign in at the start of the program and after lunch, if applicable, attend the full course, and complete the program evaluation form. At the end of the program, participants will receive a certificate of completion.

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). **This CE program is approved by Missouri for continuing education for social workers.** Additional information is provided on their website.