



Sinergia & Sviluppo srl

Formazione e Servizi
per le Professioni Sanitarie
Provider ECM nazionale n.1185

Psychology and Physiotherapy. Art or Science?

PROGRAMMA DETTAGLIATO

Giorno 1

Orario	Argomento	Metodologia	Risultato atteso in termini di conoscenze e/o abilità e comportamenti appresi	Tempo	
				Ore	Min.
8:45	Registrazione Partecipanti				
9.00	Introduction	An introduction to my career path, from student to physiotherapist to specialist to lecturer to author and Phd and international speaker	Throughout this course, we will explore various topics and we will delve into the intricacies and complexities of the subject.	0	30
9.30	Lecture The psychology of health	Master class Presentation of concepts or clinical cases followed by work in small groups on problems	The biopsychosocial model: and social factors in determining health and well-being. Health behaviors: Psychological factors in illness and disease: Application of behavior change theories: Ethical considerations	1	30
11.00	Coffee Break				
11:15	Communication in physiotherapy	Master classes Presentation of clinical cases Role-playing	The importance of effective communication in physiotherapy: Developing communication skills for building rapport Enhance our ability to gather patient information Improving patient education and shared decision-making	1	15
12.30	Pausa Pranzo				
13.30	Lecture Pain in our patients psychology and physiology	Master classes Presentation of clinical cases Role-playing	Definition of pain and understand its multidimensional nature: Gain a comprehensive understanding of the concept of pain, including its sensory, emotional, cognitive, and behavioral components. Abnormal pain psychology Physiological mechanisms of pain:	2	00



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			<p>peripheral and central mechanisms, in pain processing.</p> <p>Psychological factors influencing pain perception:.</p> <p>The role of learning and memory in pain:</p> <p>Chronic pain and its psychological implications:</p>		
15.30	Discussion, day evaluation			0	30
16.00	Termine prima giornata				

Giorno 2

Orario	Argomento	Metodologia	Risultato atteso in termini di conoscenze e/o abilità e comportamenti appresi	Tempo	
				Ore	Min.
9.00	Ankylosing spondylitis history of the disease and management	Master class	<p>Understanding Ankylosing Spondylitis definition, etiology, and pathophysiology.</p> <p>genetics, environmental factors, and immune system dysfunction in the development of AS.Clinical Presentation</p> <p>Extra-articular manifestations</p> <p>Diagnostic criteria</p> <p>Management Approaches</p> <p>Patient Education and Self-Management:</p>	1	00
10.00	Exercise behaviour in ankylosing spondylitis	Master class	Sharing my personal experiences and findings of exercise behaviour in AS- psychology in a clinical context	1	00
11.00	Coffee break				
11.15	Should i do a phd?	Master class and interactive discussion	Explain the purpose of a PhD Purpose and Benefits of a PhD career opportunities, personal growth, intellectual stimulation, and potential for making a significant impact.	1	15



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			Choosing the Right Research Topic and Supervisor: The structure and duration of a PhD program		
12:30	Pausa pranzo				
13.30	Human psychology in medicine	Master classes	medical scandals and scares- when we get our own psychology wrong	1	30
15.00	Lecture Flags & physiotherapy	- Master classes - Series of reports on a preordained theme - Round tables with debate between experts	Red Flags: 1. Acute or severe symptoms: Symptoms that are sudden, severe, or rapidly worsening may indicate a serious medical condition requiring immediate attention. Yellow Flags: 1. Risk factors for chronic conditions: Certain factors that increase the risk of developing chronic diseases can be considered yellow flags. For example, being overweight or having a sedentary lifestyle are yellow flags. 2. Poor response to treatment: 3. Psychosocial factors: non adherence to treatment: 5. Functional limitations:	1	00
16.00	Chiusura del corso e Documentazione ECM				