

**European Pain Federation EFIC® Pain Schools 2024**  
**Verona, 5-7 November 2024**

**PAIN PSYCHOLOGY FOR NON-PSYCHOLOGISTS**

**Tuesday 5 November 2024 – Classification, pathophysiology, and assessment of pain**

<b>Time</b>	<b>Title</b>	<b>Speaker</b>
8.00 – 8.30	Registration and opening	
<b>Session 1: Pain classification and pathophysiology – I (Chairs: Enrico Polati, Daniele Battelli)</b>		
8.30 – 9.20	Pain classification, physiology of nociception and acute pain	Luis Garcia-Larrea (Lyon, France)
9.20 – 10.00	Chronic pain: ICD-11 classification, nociceptive and neuropathic pain	Stefano Tamburin (Verona, Italy)
10.00 – 10.40	Cancer pain	Bart Morlion (Leuven, Belgium)
10.40 – 11.00	Discussion	
11.00 – 11.10	Coffee break	
<b>Session 2: Pain classification and pathophysiology – II (Chairs: Vittorio Schweiger, Luis Garcia-Larrea)</b>		
11.10 – 11.50	Headache and cranio-facial pain	Cristina Tassorelli (Pavia, Italy)
11.50 – 12.30	Nociplastic pain	Piercarlo Sarzi Puttini (Milan, Italy)
12.30 – 13.00	Primary pain and functional neurological disorders	Michele Tinazzi (Verona, Italy)
13.00 – 13.20	Discussion	
13.20 – 14.00	Lunch break	
<b>Session 3: The multidimensionality of pain (Chairs: Lidia Del Piccolo, Ulrike Kaiser)</b>		
14.00 – 14.50	The multidimensionality of pain and ICD-11 classification: psychological features and the biopsychosocial model	Gianluca Castelnuovo (Milan, Italy)
14.50 – 15.30	Placebo and nocebo effect and their clinical applications	Mirta Fiorio (Verona, Italy)
15.30 – 15.45	Discussion	
15.45 – 16.00	Coffee break	
<b>Session 4: Multidimensional assessment of pain (Chairs: Gianluca Castelnuovo, Bart Morlion)</b>		
16.00 – 16.25	Scales for the assessment of nociceptive and neuropathic pain	Stefano Tamburin (Verona, Italy)
16.25 – 16.50	Scales for the assessment of nociplastic pain and headache	Vittorio Schweiger (Verona, Italy)
16.50 – 17.20	ICF classification and scales for the assessment of the impact and disability of pain	Marialuisa Gandolfi (Verona, Italy)
17.20– 18.00	Scales for the assessment of the psychological features of pain	Ulrike Kaiser (Lubeck, Germany)
18.00 – 18.20	Discussion	

Wednesday 6 November 2024 – Psychological and neuropsychiatric features of pain and multimodal treatment

Time	Title	Speaker
<b>Session 1: Pain and psychiatric conditions (Chairs: Corrado Barbui, Edmund Keogh)</b>		
08.30 – 09.10	Pain, depression, and anxiety disorders: <b>comorbidities and shared therapeutic targets</b>	Andrea Fagiolini (Siena, Italy)
09.10 – 09.50	Pain and sleep disturbances	Elena Antelmi (Verona, Italy)
09.50 – 10.30	Pain and substance use disorders	Kevin Vowles (Belfast, UK)
10.30 – 10.45	Discussion	
10.45 – 11.00	Coffee break	
<b>Session 2: Psychological features, cognition and pain chronification (Chairs: Lidia del Piccolo, Gianluca Castelnuovo)</b>		
11.00 – 11.35	Sex and gender differences in pain	Edmund Keogh (Bath, UK)
11.35 – 12.10	Psychological features and prevention of pain chronification	Ulrike Kaiser (Lubeck, Germany)
12.10 – 12.45	Chronic pain and cognition	Michelle Semonella, Giada Pietrabissa (Milan, Italy)
12.45 – 13.00	Discussion	
13.00 – 13.45	Lunch break	
<b>Session 3: Pharmacological interventions for pain (Chairs: Cristiano Chiamulera, Michele Tinazzi)</b>		
13.45 – 14.25	Pharmacology and psychopharmacology of chronic pain	Diego Maria Michele Fornasari (Milan, Italy)
14.25 – 14.55	Update on neuropathic pain pharmacological guidelines	Andrea Truini (Rome, Italy)
14.55 – 15.30	Prevention and treatment of headache and medication overuse headache	Roberto De Icco (Pavia, Italy)
15.30 – 15.45	Discussion	
15.45 – 16.00	Coffee break	
<b>Session 4: Non-pharmacological interventions for pain (Chairs: Nicola Smania, Stefano Tamburin)</b>		
16.00 – 16.20	Update on invasive treatments for pain	Daniele Battelli (Borgo Maggiore, San Marino)
16.20 – 16.50	Psychotherapy for pain	Gianluca Castelnuovo (Milan, Italy)
<b>16.50 – 17.15</b>	<b>The role of psycho-oncology in cancer pain management</b>	<b>TBD</b>
17.15 – 17.40	Non-invasive brain stimulation for the treatment of pain	Elisa Mantovani (Verona, Italy)
17.40 – 18.05	Healthy lifestyles and physical activity for prevention and treatment of pain	Federico Schena (Verona, Italy)
18.05-18.30	Physical therapies and rehabilitation	Alessandro Picelli (Verona, Italy)

	for the treatment of pain	
18.30 – 19.00	Discussion	

### Thursday 7 November 2024 – Psychological features of pain

Time	Title	Speaker
<b>Session 1: Models for the psychological assessment of pain (Chairs: Lidia del Piccolo, Edmund Keogh)</b>		
8.30 – 9.20	Best practices in the psychological assessment of pain	Gerhard Andersson (Linköping, Sweden)
9:20 – 9.50	The psychological assessment of patients undergoing invasive treatments for pain	Cinzia Perlini (Verona, Italy)
09.50 – 10.20	Pain assessment in people with cognitive impairment	Miriam Kunz (Augsburg, Germany)
10.20 – 10.50	Telemedicine, internet of medical things and information technology applications	Ruben Nieto Luna (Barcelona, Spain)
10.50 – 11.05	Discussion	
11.05 – 11.20	Coffee break	
<b>Session 2: Pain psychology: interactive sessions and focus groups</b>		
11.20 – 14.00	Communication and Interprofessional working in pain management	Lidia del Piccolo, Cinzia Perlini, Valeria Donisi, Ilenia Pasini (Verona, Italy)
14.00 – 15.30	Methodology, research and evidence-based medicine for psychological treatments research	Elisa Mantovani (Verona, Italy), Emanuele Maria Giusti (Varese, Italy)
15.30 – 15.40	Closing remarks	
15.40 – 16.00	CME (ECM – test for Italian participants)	

<b>Hours of educational activities</b>				
Day	Tuesday	Wednesday	Thursday	Total
Lectures	7h, 30'	7h, 30'	1h, 20'	16h, 50'
Discussion	1h, 15'	1h, 15'	0h, 15'	2h, 45'
Interactive sessions	0h	0h	2h,10'	2h, 10'

<b>SCHOOL PROGRAM COMMITTEE</b>
Prof. Stefano Tamburin, MD, PhD, Associate Professor, Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona, Italy; Vicepresident Associazione Italiana per lo Studio del Dolore (AISD), Italian IASP/EFIC chapter
Prof.ssa Lidia Del Piccolo, PsyD, PhD, Full Professor, Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona, Italy; Head, Clinical Psychology Unit, Verona University Hospital, Italy
Prof. Gianluca Castelnuovo, PsyD, PhD, Full Professor, Department of Psychology, Catholic University of the Sacred Heart, Milan, Italy; Head, Clinical Psychology Unit and Lab, IRCCS Auxologico, Milan, Italy

Dr. Daniele Battelli, EDPM, MD, Specialist in Anesthesia, Intensive Care and Pain Medicine, State Hospital of San Marino Republic, Member, Executive Board of the European Pain Federation (EFIC)

Dr. Elisa Mantovani, PhD, Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona, Italy

<b>SCHOOL FACULTY</b>		
<b>Name</b>	<b>City</b>	<b>Country</b>
Gerhard Andersson	Linkoping	Sweden
Elena Antelmi	Verona	Italy
Corrado Barbui	Verona	Italy
Daniele Battelli	Borgo Maggiore	San Marino
Gianluca Castelnuovo	Milan	Italy
Cristiano Chiamulera	Verona	Italy
Roberto De Icco	Pavia	Italy
Lidia Del Piccolo	Verona	Italy
Valeria Donisi	Verona	Italy
Andrea Fagiolini	Siena	Italy
Mirta Fiorio	Verona	Italy
Diego Maria Michele Fornasari	Milan	Italy
Marialuisa Gandolfi	Verona	Italy
Luis Garcia-Larrea	Lyon	France
Emanuele Maria Giusti	Varese	Italy
Ulrike Kaiser	Lubeck	Germany
Edmund Keogh	Bath	UK
Miriam Kunz	Augsburg	Germany
Elisa Mantovani	Verona	Italy
Bart Morlion	Leuven	Belgium
Ruben Nieto Luna	Barcelona	Spain
Ilenia Pasini	Verona	Italy
Cinzia Perlini	Verona	Italy
Alessandro Picelli	Verona	Italy
Giada Pietrabissa	Milan	Italy
Enrico Polati	Verona	Italy
Piercarlo Sarzi Puttini	Milan	Italy
Federico Schena	Verona	Italy
Vittorio Schweiger	Verona	Italy
Michelle Semonella	Milan	Italy
Nicola Smania	Verona	Italy
Stefano Tamburin	Verona	Italy
Cristina Tassorelli	Pavia	Italy
Michele Tinazzi	Verona	Italy
Andrea Truini	Rome	Italy
Kevin Vowles	Belfast	UK

## TARGET AUDIENCE

The target audience for the Pain School is early-to-mid career healthcare professionals who are interested in developing their skills and competencies to better understand the psychological aspects of pain. Participants from both clinical and research backgrounds who are already working in the field of pain management or who are considering a career in pain management are encouraged to apply. Given the theme of the Pain School and the EFIC's philosophy of multi-disciplinarity and interdisciplinarity, the School is intended for applicants from different professions (i.e., medical doctors, nurses, physiotherapists, etc.), including trainees. The Pain School is intended for 30 attendees, of whom 15 will be covered by the EFIC grant and 15 will be self-payer.

The School's program is expected to cover the following sections of EFIC's post-graduate curricula in Pain Psychology:

- Section 1: Pain science and knowledge (1.3, 1.5)
- Section 2: Pain medicine roles in practice
- Section 3: Principles of assessment and measurement in pain
- Section 4: Treatment and pain management
- Section 5: Subgroups and clinical conditions

The School's program will also cover the sections related to pain psychology in the Pain Medicine curriculum, including those listed below:

- Section 1.6: Biopsychosocial aspects of pain – psychological assessment (1.6.13-1.6.15) and psychological management (1.6.16)
- Section 2: Pain medicine roles in practice – therapeutic relationships (2.4.1-2.4.7), obtaining relevant information (2.4.8-2.4.10), sharing information with patients and significant others (2.4.11-2.4.17) and sharing information (2.4.18-2.4.21)

The School's program will complement the Pain Nursing and Pain physiotherapy curricula, which currently do not cover pain psychology.

The School's faculty includes local and international multi-professional experts in the field of pain psychology and pain medicine from both clinical and research backgrounds.