



UNIVERSITÀ
di VERONA
Dipartimento
di NEUROSCIENZE,
BIOMEDICINA E MOVIMENTO

European Pain Federation EFIC® Pain School

Verona, 5-7 November 2024

Pain Psychology for Non-Psychologists

PRESENTATION AND RATIONALE

The psychological components play a key role in the experience of pain and there is an increased awareness of the key role of psychological factors as determinants for the experience of pain. Some known psychological factors, e.g., pain catastrophizing and avoidance, may dramatically increase the risk of disability in patients with chronic pain, while other factors, e.g., optimism and positive affect, may protect against pain chronification and its impact. Evidence-based medicine indicates that psychotherapy and psychological interventions stand among the most efficacious treatments for several types of chronic pain, and some of them should be considered as first-line treatments in some conditions.

The Verona EFIC Pain School aims to offer an overview of the main psychological features of pain, the role of psychological variables in the treatment and outcomes of pain, and the evidence supporting the use of psychotherapy and psychological interventions for the treatment of chronic pain. The Faculty of the School includes local and international multi-professional experts in the field of pain psychology and pain medicine from both clinical and research backgrounds.

The target audience for the Pain School is early-to-mid-career healthcare professionals interested in developing their skills and competencies to understand the psychological aspects of pain better. Participants from clinical and research backgrounds already working in pain management or 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 program will 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 program will also cover the following sections of the Pain Medicine curriculum: 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) and will complement the Pain Nursing and Pain Physiotherapy curricula, which currently do not cover pain psychology.

TUESDAY 5 NOVEMBER 2024

**CLASSIFICATION, PATHOPHYSIOLOGY, AND ASSESSMENT OF PAIN:
A MULTIDIMENSIONAL VIEW ENCOMPASSING THE PSYCHOLOGICAL PERSPECTIVE**

TIME	TITLE	SPEAKER
8.00 – 8.30	Registration of participants	
8.30 – 8.40	Opening	
PAIN CLASSIFICATION AND PATHOPHYSIOLOGY – I (Chairs: Lidia del Piccolo, Enrico Polati)		
8.40 – 9.50	Physiology of nociception and acute pain, and ICD-11 classification.	Luis Garcia-Larrea (Lyon, France) – <i>online lesson</i> –
9.50 – 10.10	Chronic neuropathic pain and sensitization	Stefano Tamburin (Verona, Italy)
10.10 – 10.40	Cancer pain	Augusto Caraceni (Milan, Italy)
10.40 – 11.00	Discussion	
11.00 – 11.20	<i>Coffee break</i>	
PAIN CLASSIFICATION AND PATHOPHYSIOLOGY – II (Chairs: Gianluca Castelnuovo, Stefano Tamburin)		
11.20 – 11.50	Nociplastic and primary pain	Piercarlo Sarzi Puttini (Milan, Italy)
11.50 – 12.20	Pain in Parkinson's disease: moving towards the IASP classification	Michele Tinazzi (Verona, Italy)
12.20 – 12.50	Headache and cranio-facial pain: the IHS classification and the psychological components	Licia Grazzi (Milan, Italy) – <i>online lesson</i> –
12.50 – 13.00	Discussion	
13.00 – 14.00	<i>Lunch break</i>	
THE MULTIDIMENSIONALITY OF PAIN (Chairs: Ulrike Kaiser, Michele Tinazzi)		
14.00 – 14.40	Placebo and nocebo effect and their clinical applications	Mirta Fiorio (Verona, Italy)
14.40 – 15.20	The multidimensionality of pain: psychological features and the biopsychosocial model	Gianluca Castelnuovo (Milan, Italy)
15.20 – 15.40	Discussion	
15.40 – 16.00	<i>Coffee break</i>	
THE MULTIDIMENSIONAL ASSESSMENT OF PAIN (Chairs: Daniele Battelli, Vittorio Schweiger)		
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	Marta Nizzero (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	
18.20 – 18.30	Closing remarks – Day 1	
20.00-22.30	<i>Social Event – Networking Pizza, Pizzeria Olivo, Piazza Brà 18, Verona</i>	

WEDNESDAY 6 NOVEMBER 2024

PSYCHOLOGICAL AND NEUROPSYCHIATRIC FEATURES OF PAIN AND MULTIMODAL TREATMENT

TIME	TITLE	SPEAKER
PAIN AND ASSOCIATED CONDITIONS: FROM CLINICS TO PHARMACOLOGY (Chairs: Cristiano Chiamulera, Michele Tinazzi)		
08.30 – 09.10	Pain and sleep disturbances	Elena Antelmi (Verona, Italy)
09.10 – 09.50	Pain and substance use disorders	Kevin Vowles (Belfast, UK)
09.50 – 10.30	Pharmacology and psychopharmacology of chronic pain	Diego Maria Michele Fornasari (Milan, Italy)
10.30 – 10.40	Discussion	
10.40 – 11.00	<i>Coffee break</i>	
PSYCHOLOGICAL FEATURES, COGNITION AND PAIN CHRONIFICATION (Chairs: Gianluca Castelnuovo, Lidia del Piccolo)		
11.00 – 11.40	Sex and gender differences in pain and its psychological components	Chiara Manna (Milan, Italy)
11.40 – 12.20	Psychological features and prevention of pain chronification	Ulrike Kaiser (Lubeck, Germany)
12.20 – 12.50	Chronic pain and cognition	Michelle Semonella (Milan, Italy)
12.50 – 13.10	Discussion	
13.10 – 14.10	<i>Lunch break</i>	
PHARMACOLOGICAL AND INVASIVE INTERVENTIONS FOR PAIN (Chairs: Cristiano Chiamulera, Stefano Tamburin)		
14.10 – 14.50	Prevention and treatment of headache and medication overuse headache and the role of psychological factors	Roberto De Icco (Pavia, Italy)
14.50 – 15.20	Update on invasive treatments for pain	Daniele Battelli (Borgo Maggiore, San Marino)
15.20 – 15.40	Discussion	
15.40 – 16.00	<i>Coffee break</i>	
NON-PHARMACOLOGICAL INTERVENTIONS FOR PAIN (Chairs: Lidia del Piccolo, Nicola Smania)		
16.00 – 16.40	Psychotherapy for pain	Giada Pietrabissa (Milan, Italy)
16.40 – 17.10	The role of psycho-oncology in cancer pain management	Giacomo Massa, Simonetta Zappata (Milan, Italy)
17.10 – 17.35	Non-invasive brain stimulation for the treatment of pain	Elisa Mantovani (Verona, Italy)
17.35 – 18.00	Healthy lifestyles and physical activity for prevention and treatment of pain	Federico Schena (Verona, Italy)
18.00 – 18.20	Physical therapies and rehabilitation for the treatment of pain	Alessandro Picelli (Verona, Italy)
18.20 – 18.30	Discussion	
18.30 – 18.40	Closing remarks – Day 2	
20.00 – 23.00	<i>Social event – Wine Mindfulness (Gian Mauro Manzoni, Pavia, Italy) with Dinner and Wine Tasting, Villa Brasavola de Massa, Piazza Cittadella 3, Verona</i>	

THURSDAY 7 NOVEMBER 2024
PSYCHOLOGICAL FEATURES OF PAIN

TIME	TITLE	SPEAKER
SESSION 1: MODELS FOR THE PSYCHOLOGICAL ASSESSMENT OF PAIN (Chairs: Corrado Barbui, Lidia del Piccolo)		
8.30 – 9.10	Update on the neuropathic pain pharmacological guidelines	Andrea Truini (Rome)
9.10 – 9.50	Pain, depression, and anxiety disorders: comorbidities and shared therapeutic targets	Alessandro Cuomo (Siena, Italy)
9:50 – 10.20	The psychological assessment of patients undergoing invasive treatments for pain	Cinzia Perlini (Verona, Italy)
10.20 – 11.00	Information and Communication Technologies, and Artificial Intelligence for Pain	Ruben Nieto Luna (Barcelona, Spain)
11.00 – 11.10	Discussion	
11.10 – 11.30	<i>Coffee break</i>	
SESSION 2: PAIN PSYCHOLOGY: INTERACTIVE SESSIONS		
11.30 – 13.30	Communication and interprofessional working in pain management	Lidia del Piccolo, Cinzia Perlini, Valeria Donisi, Ilenia Pasini (Verona, Italy)
13.30 – 14.15	<i>Lunch break</i>	
14.15 – 15.45	Methodology, research and evidence-based medicine for psychological treatments research	Marianna Purgato, Elisa Mantovani, Eleonora Prina (Verona, Italy)
15.45 – 16.05	Closing remarks	

SCHOOL PROGRAM COMMITTEE

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. 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 Castelnovo, 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

SCIENTIFIC SECRETARIAT

Prof. Stefano Tamburin, MD, PhD, **Dr. Elisa Mantovani**, PhD, **Dr. Miriana Maria Bressan**, MSc, Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona, Italy

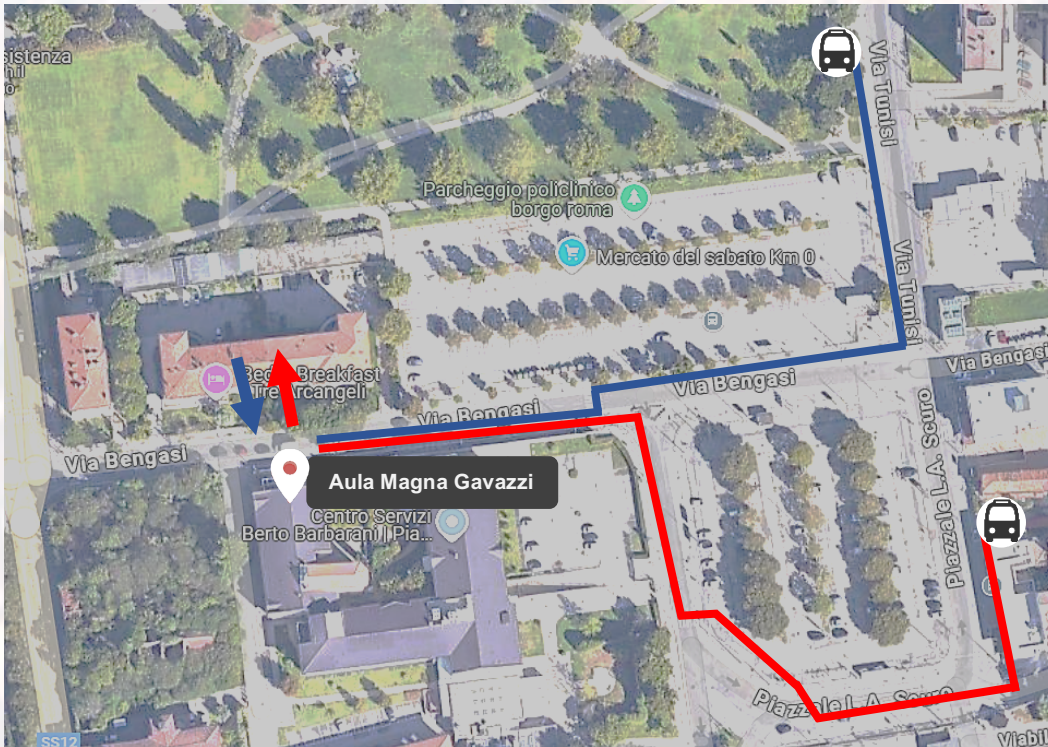
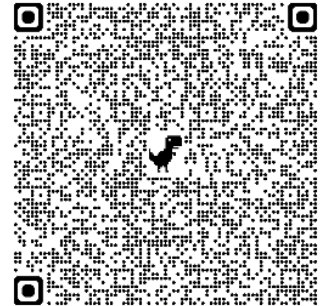
ORGANIZING SECRETARIAT

Elisa Maringelli, EVERYHWERE <https://www.everywheretravel.it/> Piazza Cittadella 3, Verona, e-mail: elisa@everywheretravel.it

SCHOOL VENUE

AULA MAGNA GAVAZZI, Via Bengasi 4, 37134 Verona

Scan the QR code for details and to get directions



BUS STOPS

Castelveccchio – Policlinico

From Via Tunisi/ Parco B stop to Aula Magna Gavazzi

Policlinico - Castelveccchio

From Aula Magna Gavazzi to Policlinico Borgo Roma B stop

HOW TO GET THERE?



From Valerio Catullo Airport

- Verona AIRLINK 199 to Verona Porta Nuova train station (*shuttle bus service run by ATV; every 20 minutes; non-stop*).
- Continue with Bus Line 21 or 22 (*service run by ATV; see details below*)
- Taxi (<https://www.aeroporto.verona.it/trasporti/taxi.html>)



From Verona Porta Nuova station

- Bus Line 21 direction S. Giovanni Lupatoto or Bus Line 22 direction Policlinico/San Giovanni Lupatoto to Via Tunisi/Parco B (Policlinico) stop (*service run by ATV*)
- Taxi or bike rental (*less than 4km*)



From Corso Porta Nuova

- Bus Line 21 direction S. Giovanni Lupatoto or Bus Line 22 direction Policlinico/San Giovanni Lupatoto (*from Castelveccchio stop, side of the castle*) to Via Tunisi /Parco B (Policlinico) stop (*service run by ATV*)

SOCIAL EVENTS

Two Social Events will take place on 5 and 6 November in other venues. Additional details will follow.

Tuesday 5 November: **Networking Pizza**, Pizzeria Olivo, Piazza Brà 18, Verona

Wednesday 6 November: **Wine Mindfulness**, with Dinner and Wine Tasting, Villa Brasavola de Massa, Piazza Cittadella 3, Verona

FACULTY

Elena Antelmi	Verona, Italy	Ruben Nieto Luna	Barcelona, Spain
Corrado Barbui	Verona, Italy	Marta Nizzero	Verona, Italy
Daniele Battelli	Borgo Maggiore, RSM	Ilenia Pasini	Verona, Italy
Augusto Caraceni	Milan, Italy	Cinzia Perlini	Verona, Italy
Gianluca Castelnuovo	Milan, Italy	Alessandro Picelli	Verona, Italy
Cristiano Chiamulera	Verona, Italy	Giada Pietrabissa	Milan, Italy
Alessandro Cuomo	Siena, Italy	Enrico Polati	Verona, Italy
Roberto De Icco	Pavia, Italy	Eleonora Prina	Verona, Italy
Lidia Del Piccolo	Verona, Italy	Marianna Purgato	Verona, Italy
Valeria Donisi	Verona, Italy	Piercarlo Sarzi Puttini	Milan, Italy
Mirta Fiorio	Verona, Italy	Federico Schena	Verona, Italy
Diego M. M. Fornasari	Milan, Italy	Vittorio Schweiger	Verona, Italy
Marialuisa Gandolfi	Verona, Italy	Michelle Semonella	Milan, Italy
Luis Garcia-Larrea	Lyon, France	Nicola Smania	Verona, Italy
Licia Grazi	Milan, Italy	Stefano Tamburin	Verona, Italy
Ulrike Kaiser	Lubeck, Germany	Michele Tinazzi	Verona, Italy
Chiara Manna	Milan, Italy	Andrea Truini	Rome, Italy
Elisa Mantovani	Verona, Italy	Kevin Vowles	Belfast, UK
Gian Mauro Manzoni	Pavia, Italy	Simonetta Zappata	Milan, Italy
Giacomo Massa	Milan, Italy		

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