

An Online Skills Training Workshop for the Progressive Goal Attainment Program (PGAP®)



An Evidence-Based Treatment Program for Reducing Disability

Preventing Delayed
Recovery Using
PGAP

PGAP is one of the most empirically supported interventions for targeting psychosocial risk factors for disability. Reducing disability-relevant psychosocial risk factors has been shown to promote recovery, improve quality of life and increase return to work outcomes. PGAP is an intervention referred to as 'Risk-Targeted Behavioural Activation'. Behavioural Activation is supplemented by risk-targeted techniques such as education, guided disclosure, validation, goal setting, thought monitoring and re-appraisal, belief challenge and structured activity planning.

This workshop is designed to equip rehabilitation professionals with skills in psychosocial intervention strategies such that they may be better able to assist their clients in overcoming the challenges associated with debilitating health and mental health conditions. Numerous clinical trials have supported the use of PGAP for improving occupational outcomes in individuals with a wide range of debilitating health and mental health conditions including low back pain, whiplash, fibromyalgia, depression and post-traumatic stress disorder. PGAP has been included in the Official Disability Guidelines (Work Loss Institute) as an evidence-based intervention for managing risk for prolonged disability.

PGAP combines behavioural activation, cognitive behavioural and acceptance and commitment therapy techniques within an activity re-integration framework that aims to:

- Reduce psychosocial barriers to rehabilitation progress and recovery,
- Increase quality of life,
- Facilitate return to work.

Through web-based didactic presentations, video demonstrations and case studies, participants will:

- Learn what is currently known about psychosocial risk factors for delayed recovery,
- Learn how to administer and interpret the results of psychosocial screening tools,
- Learn intervention techniques designed to reduce catastrophic thinking, symptom exacerbation fears, disability beliefs and perceived injustice.

Following training, attendees have access to a members-only website that contains clinical resources to increase their proficiency and confidence in the use of their new skill set.



www.PGAPworks.com

Improve your treatment outcomes by acquiring the skills necessary to effectively target psychosocial risk factors for delayed recovery.



Online PGAP Training Workshops

The Online PGAP Training Workshop consists of 9 pre-recorded modules (approximately 1 hour each) and 2 half-day 'live' clinical presentations. The 9 pre-recorded modules cover a range of topics relevant to the delivery of PGAP (e.g., determinants and costs of disability, biopsychosocial models of disability, catastrophic thinking, perceptions of injustice, assessment of psychosocial risk and disability management). The pre-recorded modules can be completed at the attendees' convenience. The 2 half-day 'live' presentations focus on demonstrations of the core clinical techniques of PGAP and will be offered (via Zoom) on a pre-determined schedule. A Q&A session will be held immediately following each half-day presentation. Completion of the 9 pre-recorded modules will be a prerequisite to attending the half-day 'live' presentations. All modules, including the two half-day 'live' presentations must be completed within 8 weeks of registration. Registrants can begin the 9 pre-recorded online modules upon successful registration. **All webinars must be completed 24 hours prior to the first Zoom session. All webinars will be disabled from the website 24 hours prior to the first Zoom session.**

Enrollment for workshops will be limited. When registering for the 2 half-day 'live' presentations, please ensure your schedule permits your attendance for the entire duration of the presentations. We cannot guarantee that we will be able to accommodate requests for changes in scheduling. Rescheduling requires a fee.

The Online PGAP Training Workshop registration fee is \$950.00 (plus applicable taxes). All prices are in Canadian funds. The registration fee includes access to the 9 pre-recorded modules and 2 half-day 'live' presentations, a copy of the PGAP Treatment Manual and Client Workbook, as well as a downloadable copy of the presentation slides. Copies of the PGAP Treatment Manual and Client Workbook will be mailed to registrants in advance of the workshop. Zoom will be the platform for the 2 half-day presentations. Please check your junk folder for 2 emails if you do not receive them in your inbox within 10 minutes of registration. One email will be your receipt, the other will contain your registration key. **Please note there will be no refunds after December 22, 2025, or after webinar account has been activated.**

In order to receive a Certificate of Attendance for the Online PGAP Training Workshop, registrants must successfully complete an online 50-question multiple choice exam within one week of completing the second half-day presentation. Registrants will have up to three opportunities to successfully complete the exam. Please note, PDP Program Inc. reserves the right to make changes to the content, format, dates and presenters for the workshop material. Email info@PGAPworks.com to receive updates.

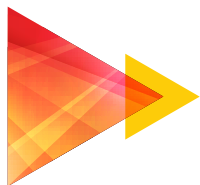
Registrants can begin the 9 pre-recorded online modules upon successful registration.

January 22 & 23, 2026

Registration is now open.

Half-Day 'Live' Presentations 1 & 2

10:00 am - 2:00 pm EST (convert your time zone)



Don't miss this opportunity to join a growing international network of rehabilitation professionals who have been trained to deliver this intervention.

About the Instructor: Dr. Michael Sullivan is currently Professor of Psychology, Medicine, Physical and Occupational Therapy, and Neurology at McGill University (Montreal, Canada). He is also a practicing clinical psychologist offering services in Quebec, Ontario and Alberta. Over the past 30 years, Dr. Sullivan has worked as a consultant, clinician, researcher, educator and program director. He has served as a consultant to numerous national and international health and safety organizations, veterans' administration organizations, insurance groups as well as social policy and research institutes. Dr. Sullivan developed three of the mostly widely used measures of psychosocial risk for delayed recovery; the Pain Catastrophizing Scale (PCS), the Perceived Deficits Questionnaire (PDQ), and the Injustice Experience Questionnaire (IEQ). He held a Canada Research Chair award from 2006 to 2024. In 2011, he received the Award for Distinguished Contributions to Psychology as a Profession by Canadian Psychological Association. In 2024, Dr. Sullivan received the Award for Professional Career and Contributions to the Field of Pain Science from the Madrid Professional Association of Physiotherapists and The Spanish Pain Society. Dr. Sullivan is the recipient of the Canadian Pain Society's Distinguished Career Award for 2025. [Full Bio](#)

The Canadian Society of Professionals in Disability Management recognizes that the Progressive Goal Attainment Program (PGAP) training will provide an opportunity for CDMF and CRTWC professionals to receive Continuing Education Credit hours. It is expected that professionals who attend the full 2-day training course may be credited with up to 13 CEC hours.

The Australian Society of Rehabilitation Counsellors (ASORC) and the Australian Rehabilitation Providers Association (ARPA)

recognize that the Progressive Goal Attainment Program (PGAP) training will provide an opportunity for ASORC and ARPA members to receive Continuing Professional Development credit hours. It is expected that members who complete the training course may be credited with up to 17 CPD hours. ASORC and ARPA have partnered with PGAP for this workshop and current members will benefit from a discounted rate of \$850. Your membership number is required to be eligible.

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