



NEW  
ONLINE

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

Preventing Delayed  
Recovery Using  
PGAP

An Evidence-Based Treatment Program  
for Reducing Disability

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](http://www.PGAPworks.com)

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



New Online PGAP Training Workshops • Registration Starts March 25, 2021

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 (optional; approximately 1 hour) 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 as of April 1, 2021.

**Registration for Online PGAP Training Workshops will begin March 25, 2021.** Enrollment 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.

The Online PGAP Training Workshop registration fee is \$950.00 (plus applicable taxes). 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. Technical requirements for attending the Online PGAP Training Workshops will be clarified on our website prior to opening registration. Zoom will be the platform for the 2 half-day presentations.

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](mailto:info@PGAPworks.com) to receive updates.

**Registrants can begin the 9 pre-recorded online modules as of April 1, 2021**

#### April 8 & 9, 2021

Half-Day Live Presentations 1 & 2  
10:00 am - 1:45 pm EST (both days)

#### April 26 & 27, 2021

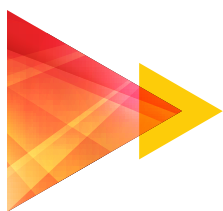
Half-Day Live Presentations 1 & 2  
5:00 pm - 8:45 pm EST (both days)

#### May 3 & 4, 2021

Half-Day Live Presentations 1 & 2  
1:00 pm - 4:45 pm EST (both days)

#### June 2 & 3, 2021

Half-Day Live Presentations 1 & 2  
10:00 am - 1:45 pm EST (both days)



**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 a clinical psychologist who is currently Professor of Psychology, Medicine, Physical and Occupational Therapy, Neurology and Neuroscience at McGill University (Montreal, Canada), where he holds a Canada Research Chair in Behavioural Health. Over the past 25 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 two of the mostly widely used measures of psychosocial risk for delayed recovery; the Pain Catastrophizing Scale (PCS) and the Injustice Experiences Questionnaire (IEQ). In 2011, he received the Award for Distinguished Contributions to Psychology as a Profession by Canadian Psychological Association. [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.

VRA Ontario has partnered with us (PDP Program Inc.), for this workshop and current members will benefit from a discounted rate. Please note this only applies to the Ontario chapter of VRA. Contact us directly with your membership number to be eligible for your rate at: [info@PGAPworks.com](mailto:info@PGAPworks.com). VRA and The College of Vocational Rehabilitation Professionals have preapproved this PGAP Training for 13 Continuing Education Units (CEUs) hours. Please reference the pre-approval code 23170.

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