

# The Progressive Goal Attainment Program (PGAP)

An evidence-based treatment program targeting psychosocial barriers to recovery and rehabilitation for clients suffering from debilitating health or mental health conditions.

The PGAP® is the most researched standardized intervention for reducing disability associated with a wide range of debilitating health and mental health conditions. The PGAP is an empirically supported intervention that has been shown to reduce disability and contribute to successful return-to-work in individuals with back pain, whiplash, fibromyalgia, cancer, depression, and PTSD. The primary goal of the PGAP is to reduce psychosocial barriers to rehabilitation progress. This goal is achieved through the use of evidence-based techniques specifically designed to target psychosocial risk factors.

## The PGAP includes:

*Cognitive-behavioural techniques such as thought-monitoring and reappraisal*

*Behavioural techniques such as graded exposure, goal setting*

*Relational techniques such as disclosure and validation*

The PGAP would be considered a CBT intervention, with a primary focus on behaviour change. One of the advantages of the PGAP is that it can be offered by clinicians from a variety of rehabilitation disciplines, such as occupational therapy, physical therapy, kinesiology, vocational rehabilitation, nursing, social work and psychology. Traditionally, CBT interventions have been provided primarily by clinicians with a background in mental health. The wider range of disciplines able to provide the PGAP greatly increases the accessibility of the program. The standardization of the PGAP is an additional strength. The PGAP is standardized such that all PGAP providers follow a specific set of intervention guidelines designed to have the greatest impact on reducing the client's psychosocial risk profile. In the PGAP, CBT techniques have been adapted such that 'disability reduction' is the central objective of treatment as opposed to symptom management. Finally, the evidence base speaks clearly in favour of the PGAP, particularly as it pertains to return-to-work outcomes. In all clinical trials of the PGAP, return to work has been the primary outcome variable. A list of scientific publications supporting the use of the PGAP as a return-to-work intervention can be accessed through the [www.PGAPworks.com](http://www.PGAPworks.com) website.

Rehabilitation professionals who attend a PGAP workshop become familiar with the most recent research on disability-related psychosocial risk factors. They also become familiar with approaches to the evaluation of modifiable psychosocial risk factors; such as catastrophizing, symptom exacerbation fears, perceived disability and perceptions of injustice. These psychosocial risk factors have accounted for the most variance in disability related outcomes. Intervention techniques designed to target these factors are demonstrated and attendees are provided with video access to help them further develop PGAP-related intervention skills following the workshop. All PGAP-related intervention techniques are demonstrated within a structured activity-reintegration framework where return to work is the primary objective. Attention will be given to the psychological consequences of injury and illness and issues relating to adjudication, management, treatment and occupational re-integration.

## For further information please contact us:

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