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 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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PREVENTING DELAYED RECOVERY

A 2-Day Skills Training Workshop for the Progressive Goal Attainment Program (PGAP®)

An Evidence-Based Treatment Program for Reducing Disability Associated with Pain, Depression, PTSD, Cancer and other Chronic Health Conditions

November 29 & 30, 2019
Venue: Four Points by Sheraton Toronto Airport
6527 Airport Road
Mississauga Ontario

Improve your treatment outcomes by acquiring the skills necessary to effectively target psychosocial risk factors for delayed recovery. Evidence-based practice is the expected standard for rehabilitation interventions. PGAP is considered 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 combines behavioural activation and cognitive behavioural techniques within an activity re-integration framework that aims to:

- Reducing psychosocial barriers that may impact rehabilitation and recovery
- Increase quality of life
- Facilitate return to work

Workshop topics include: 1) Screening for psychosocial risk factors such as catastrophic thinking, fear of symptom exacerbation, perceived injustice, disability beliefs; 2) Targeted intervention techniques such as guided disclosure, validation, constructive communication, anger reduction, distress reduction, motivational enhancement, structured activity scheduling, risk-specific goal setting, progressive exposure, and changing disability beliefs; 3) Occupational re-integration: Engaging the involvement of relevant stakeholders including the physician, the insurer and the employer to maximize successful return to work.

Through didactic presentation, video demonstrations and case studies, attendees will:

- Learn what is currently known about psychosocial risk factors for delayed recovery.
- Learn how to administer and interpret the results of psychosocial screening evaluations.
- Learn numerous intervention techniques

Time: 8:30am to 4:30pm both days.

Please note that 100% attendance both days at the workshop is required to receive a certificate of completion.

Your registration fee includes the following PGAP materials:
- 1 PGAP Treatment Manual, 1 Client Workbook, and the workshop handout. Materials will be distributed at the workshop.
- Morning coffee/tea (breakfast not included), mid-morning and afternoon nutrition breaks and lunch both days are also included in the registration fee.

Registration Fees : $795.00 plus HST (13%) on or before September 20, 2019. After September 20, registration is $850.00 plus HST (13%).

Refund policy:
Registrations will be refunded for an administrative fee of $100 plus 13% HST up until October 25, 2019. There are NO refunds of registration fees after October 25, 2019. Amount refunded through Paypal will be less $113.00 Canadian Dollars.
All fees/pricing are in Canadian dollars, payable using Paypal. You do not need a Paypal account to register, simply use your credit card on the site. Please ensure to select the correct country on the Paypal site (top tab) to ensure problem-free registering.

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

Register Now

About the Presenter:

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), and has been awarded a Canada Research Chair in Behavioural Health. Dr. Sullivan is also Honorary Professor at The University of Queensland (Brisbane, Australia).

Over the past 30 years, Dr. Sullivan has worked as an educator, director, consultant, clinician, and department chair. He has served as a consultant to numerous health and safety organizations, veterans’ administration organizations, insurance groups as well as social policy and research institutes. In 2011, he received the Award for Distinguished Contributions to Psychology as a Profession by Canadian Psychological Association.

He is best known for his research on psychosocial risk factors for pain-related disability, and for the development of risk-targeted interventions designed to foster occupational re-engagement following injury. One such intervention, the Progressive Goal Attainment Program (PGAP), has been included in the Official Disability Guidelines (Work Loss Data Institute), as an evidenced-based approach to the management of work-disability. Dr. Sullivan developed the Pain Catastrophizing Scale (PCS) and the Injustice Experiences Questionnaire (IEQ). The PCS has been used in more than 3000 scientific studies. The PCS has been translated into 25 languages and is currently the most widely used measure of catastrophic thinking related to pain. Dr. Sullivan has published more than 180 peer reviewed scientific articles, 2 books and 23 book chapters. Click here for Full CV.