



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

## Preventing Delayed Recovery Using PGAP

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

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 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/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 techniques within an activity re-integration framework that aims to:

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

Through didactic presentation, 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 their new skill set.



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

**November 6 & 7, 2020**  
**Toronto, Ontario**

Four Points by Sheraton  
Toronto Airport  
6527 Airport Road  
Mississauga, Ontario  
L4V 1E4  
Phone: (1) 905-678-1400

Time: 8:30am - 4:30pm both days. 100% attendance at the workshop is required to receive a certificate of completion.

Registration space is limited. Registrations received by June 6, 2020 will benefit from an early-bird fee of \$795.00 plus 13% HST. The regular rate for registrations received after June 6 is \$895.00 plus 13% HST. Current PGAP Providers are entitled to a discounted fee of \$645.00 plus HST. Please contact [info@PGAPworks](mailto:info@PGAPworks) for further instructions as the website is unable to process your registration. Registration fee includes the PGAP Treatment Manual, Client Workbook and Presentation Handout. Materials will be distributed at the workshop. Also included: arrival tea/coffee (breakfast not included), mid-morning, afternoon nutrition breaks, lunch both days. All fees are in Canadian dollars. Registrations will be processed in order in which they are received with payment. Registrations may be refunded up until October 6, 2020.

There are no refunds after October 6, 2020. Once registered, you will receive an automated confirmation email that includes hotel booking information. Please note: Your receipt will be from PDP Program Inc. If you do not receive an email please check your junk folder or email: [info@PGAPworks.com](mailto:info@PGAPworks.com)

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. Please contact us directly with your membership number to be eligible for your rate at: [info@PGAPworks.com](mailto:info@PGAPworks.com)



**Don't miss this opportunity to join a growing network of international 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), and has been awarded a Canada Research Chair in Behavioural Health. Over the past 25 years, Dr. Sullivan has worked as an educator, director, consultant, clinician, and department chair. 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 also developed the psychosocial risk tools, 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. [Read more.](#)

The Canadian Society of Professionals in Disability Management recognizes that the Progressive Goal Attainment Program (PGAP) training will provide an opportunity for CDMP 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 Vocational Rehabilitation Association 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.

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