



Re-think.
Re-engage.
Recover!



Grampians
Health

EQUiPP



DATE:
22nd-23rd May
2026

LOCATION:
RACV Goldfields
Creswick



Professor Lorimer Moseley
AO is internationally
renowned for his
dynamic, engaging
teaching style.



Empowering Recovery: Contemporary Science and Practice in Chronic Pain Prevention and Care

Why this matters

Chronic pain, together with mental ill health, is among the greatest health challenges of our time. Conditions such as pain, depression, anxiety, fatigue, and PTSD often occur together - creating more disability, economic burden, and lost productivity than any other health issue combined. But the tide is turning.

Breakthroughs in our understanding of pain- how it works, why it becomes chronic, and how recovery is possible - are transforming clinical care across health disciplines.

If you are a health professional committed to supporting your patients in managing pain, this workshop is for you.

Workshop objectives

This course dives into the discoveries, concepts, and practical skills driving a global shift toward:

- Better pain-related clinical outcomes
- Higher clinician self-efficacy
- Interdisciplinary, evidence-based care
- Empowered recovery for people facing pain, PTSD, fatigue, and depression

Enquiries

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Empowering Recovery:

Contemporary Science and Practice in Chronic Pain Prevention and Care

Alongside mental ill health, chronic pain stands as one of the most pressing health challenges of our time. Pain, depression, anxiety, fatigue, and PTSD often walk hand-in-hand, contributing to more disability, economic burden, lost workdays, and early retirements than any all other group of health conditions combined. Fortunately, rapid advances in our understanding of how pain works, how it becomes chronic, and how we can better support recovery, have dramatically shifted what's possible – not just for those living with pain, but for broader models of care.

Empowering Recovery is a 12-hour professional development course designed for health and medical professionals. It brings together the latest discoveries, practical skills, and clinical resources that are driving an international movement toward better pain-related clinical outcomes and higher self-efficacy for clinicians when working with people facing pain, with clear applications for those with depression, anxiety, PTSD, or fatigue.

This collaborative initiative between Grampians Health, Pain Revolution, and the Commonwealth-funded EQUIPP Project, promises to be educational, evidence-based, interdisciplinary, tiring, energising and fun. Bring an open and alert mind, a good supply of effort and a community-focussed spirit.

Led by **Professor Lorimer Moseley AO**, a globally renowned educator known for his engaging style and highly sought after keynote speaker, the course will be packed with active, collaborative, and inventive learning experiences. Expect to work hard, laugh often, and leave with tools you can use immediately. You'll need coloured pencils, post-it notes, and a healthy stash of plain A4 paper!

The venue, RACV Goldfields Resort, offers a beautiful setting to stay overnight, and word on the grapevine is that the catering is top-notch. Stick around Friday evening for a drink and some cabernet-fueled conversation at the bar (sadly, not on the EQUIPP tab – drinks on your tab), but don't linger too long – we kick off bright and early Saturday.



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Course Objectives

This course will help you become more confident and contemporary in your approach to working with patients with chronic pain.

What you will learn:

- The four Essential Pain Facts – where they came from, why they matter, and how they change clinical conversations
- The concept of bioplasticity and its implications for development and recovery of chronic pain and its common bedfellows
- How to demonstrate the protective and dynamic nature of pain in ways that empower clients
- How to recognise simple tactics that promote meaningful learning and behaviour change
- What Pain System Hypersensitivity is and how to explain it clearly
- The Protectometer – what it is, its biological underpinnings, how it works, and how to use it to enable and empower people to self-manage recovery
- To understand the Sweet Zone for Change within the context of Pain System Hypersensitivity and the Protectometer

You will also explore:

- Strategies to promote a modern view of pain
- How to align consumer expectations with modern pain science through strategic communication
- The will, skill, and thrill of learning a new recovery approach – and how to operationalise it
- How to position discipline-specific therapies, approaches and frameworks within a contemporary pain science framework

And finally, you will discover:

- Techniques and approaches for working with pain and its psychological overlays
- Practical, evidence-informed methods to help clients quickly centre themselves during moments of distress.
- Fostering hope and optimism in recovery