



Certificate of Achievement

Katarzyna Bascik

has completed the following course:

**COGNITIVE BEHAVIOURAL SKILLS TO TREAT BACK PAIN: THE BACK SKILLS TRAINING (BEST)
PROGRAMME
UNIVERSITY OF OXFORD**

This online course for health professionals explored an evidence-based cognitive behavioural approach to manage low back pain. Learners covered all aspects of the content and delivery of the Back Skills Training (BeST) Programme.

6 weeks, 2 hours per week



Sallie Lamb
Professor of Trauma Rehabilitation
University of Oxford



Approved by



The British
Psychological Society
Approved

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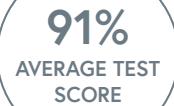
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91%
AVERAGE TEST
SCORE

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STUDY REQUIREMENT

6 weeks, 2 hours per week

LEARNING OUTCOMES

- Apply a cognitive behavioural approach to effectively help people better manage persistent low back pain.
- Reflect on how to implement these techniques in clinical practice.
- Lead a group back skills training (BeST) programme in your clinical setting.
- Demonstrate understanding of a cognitive behavioural approach to managing persistent low back pain.

SYLLABUS

- The nature and cause of persistent low back pain.
- The cognitive behavioural approach.
- Exercise and activity for low back pain.
- How thoughts and feelings can influence pain.
- Pain management skills.

ACCREDITATION

Approved by the British Psychological Society for the purposes of Continuing Professional Development (CPD)