



*The Delaware Psychological Association  
presents:*

***Clinician's Guide to Psychological  
Treatments for Chronic Pain in Kids,  
Teens, and Young Adults: A Skills  
Based Workshop***

***Friday, May 14, 2021***

***9AM-12:15PM***

***Zoom Webinar***

***Presented by Katherine S. Salamon, Ph.D.,  
and Aimee K. Hildenbrand, Ph.D.***

***3 CE Credits***

# PROGRAM DESCRIPTION & OUTLINE

## Program Description

About 1 in 5 youth develop persistent pain during childhood and benefit from biopsychosocial pain management approaches. However, access to skilled mental health clinicians in the community who are comfortable providing psychological treatments for chronic pain is limited, leading to disparities in treatment access. To address this need, this workshop will provide the groundwork to apply psychological approaches for pain management when working with children, teens, and young adults. Issues related to disparities in pain management for underserved populations will also be discussed.

# WORKSHOP OBJECTIVES

## Workshop Objectives:

1. Discuss evidence supporting the use of psychological approaches for the treatment of pediatric chronic pain.
2. Identify at least 3 core components of cognitive-behavioral or acceptance-based psychological treatment for youth presenting with persistent pain.
3. Discuss common myths and biases related to pain in underserved populations and how these relate to poorer pain management outcomes in these groups.

# TARGET AUDIENCE

The DPA plans and promotes programs serving the continuing educational needs of psychologists and professionals across a variety of disciplines. Through the provision of high quality programming, the DPA hopes to support psychologists and other mental health professionals in their commitment to provide ethical, culturally sensitive and competent services to our community.

## ABOUT THE PRESENTERS



Dr. Katherine Salamon

**Katherine S. Salamon, Ph.D.**, is a licensed psychologist and Program Director of the Integrated Pain and Wellness Program at Nemours/Alfred I. duPont Hospital for Children. Since 2007, Dr. Salamon has devoted her training and practice to the care of children and adolescents with chronic pain in prominent clinics and programs across the U.S. Dr. Salamon's clinical and research focus is to enhance the role of preventative strategies for pain management, address disparities in referrals to pain management programs, and broaden the evidence based for complementary and integrative medicine approaches to pain management.



Dr. Aimee Hildenbrand

**Aimee Hildenbrand, Ph.D.**, is an Assistant Research Scientist in the Nemours Center for Healthcare Delivery Science, a licensed psychologist in the Division of Behavioral Health at Nemours/Alfred I. duPont Hospital for Children, and an Assistant Professor of Pediatrics at the Sidney Kimmel Medical College of Thomas Jefferson University. Dr. Hildenbrand's research program aims to improve delivery of pediatric healthcare to optimize pain management and psychosocial functioning for youth with chronic illness, with an emphasis on sickle cell disease and cancer. She also provides clinical services for youth with cancer, sickle cell disease, and chronic pain and their families.

## PLEASE TAKE NOTE...

*"Clinician's Guide to Psychological Treatments for Chronic Pain in Kids, Teens, and Young Adults: A Skills Based Workshop"* sponsored by the Delaware Psychological Association, has been approved for 3 CE credits. The Delaware Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Delaware Psychological Association maintains responsibility for this program and its contents.

# REGISTRATION

If you have registration questions, please email [delpsycho@gmail.com](mailto:delpsycho@gmail.com) or call us at 302-475-1574.

## Registration Fee:

DPA Members	\$75
Non-DPA Members	\$105
Students	\$45

## Cancellation Policy

Cancellations received by May 12, 2021 will be refunded in full. No refunds will be granted after May 13, 2021.

# IMPORTANT NOTICE

THOSE WHO ATTEND THE WORKSHOP AND COMPLETE THE APA EVALUATION FORM WILL RECEIVE THREE CONTINUING EDUCATION CREDITS. PLEASE NOTE THAT APA CE RULES REQUIRE THAT WE ONLY GIVE CREDIT TO THOSE WHO ATTEND THE ENTIRE WORKSHOP. THOSE SIGNING IN TO THIS WEBINAR MORE THAN 15 MINUTES AFTER THE SCHEDULED START TIME OR SIGNING OFF BEFORE THE WORKSHOP IS COMPLETED WILL NOT BE ELIGIBLE TO RECEIVE CE CREDIT. ADDITIONALLY, WE ARE UNABLE TO ISSUE PARTIAL CE CREDITS. THIS IS AN APA REQUIREMENT AND NON-NEGOTIABLE.



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