

WEEK / SESSION	MAIN TOPIC	CONTENTS	GOALS	REINFORCEMENT	METHODS	TIME
1	Acute vs. chronic pain differentiation.	<ul style="list-style-type: none"> - Pain definition. - Nervous system as an alarm system. - Nociception vs. pain. - Sensory stimuli: mechanical, thermal, and chemical. - Differences between acute and chronic pain. 	<ul style="list-style-type: none"> - Exploring patient beliefs about pain. - First approach to nervous system knowledge. - Understanding pain as an alarm system. - Demystify chronic pain. - Self-questioning of pain beliefs and behaviors. 	<ul style="list-style-type: none"> - Pain as an alarm system. - Chronic pain does not mean forever. - Introspection about personal beliefs and pain. 		60 minutes
2	Acute pain physiology.	<ul style="list-style-type: none"> - Nociception process: stimuli transduction, transmission, and modulation - Top-down inhibitory systems - The relevance in motion and behavioral - Relationship between pain and tissue damage 	<ul style="list-style-type: none"> - Learn about how a stimulus can produce nociception. - Understand how nociception can be modulated by nervous system. - Think about pain and movement. 	<ul style="list-style-type: none"> - Nociception and pain are not the same. - Pain is rarely related to tissue damage. 	<ul style="list-style-type: none"> - Metaphors - Drawings and diagrams made by the researcher. - Illustrations, definitions and diagrams extracted from <i>"Explain Pain"</i>. 	60 minutes
3	Pain chronification processes I: peripheral sensitization.	<ul style="list-style-type: none"> - Introduction to sensitization. - Hyperexcitability of nociceptive pathways. - Hyperalgesia - Peripheral sensitization as an adaptive protective process. 	<ul style="list-style-type: none"> - Understanding the plasticity of the nervous system. - Why certain areas may be more reactive to nociception. - Learning about inflammation and pain. 	<ul style="list-style-type: none"> - The same stimulus can be more painful in the presence of sensitization. - Peripheral sensitization and hyperalgesia are protective mechanisms. 		60 minutes

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4	Pain Chronification Processes II: central sensitization.	<ul style="list-style-type: none"> - Top-down inhibitory systems. - Wind-up phenomenon and long-term potentiation. - Allodynia and hyperalgesia concepts. - Maladaptive consequences. 	<ul style="list-style-type: none"> - Learn the role of the central nervous system in pain modulation. - Learn to identify the role and signs of allodynia and hyperalgesia. 	<ul style="list-style-type: none"> - Decreased descending inhibition may cause more pain in the absence of tissue damage. - In presence of allodynia, non-painful stimuli can pro pain 	60 minutes
5	Chronic Pain Neurophysiology: Neuromatrix theory.	<ul style="list-style-type: none"> - Neuromatrix - Role of the limbic system on pain. - Pain pathways on brain. - First approach to cognitive and emotional parts of pain. 	<ul style="list-style-type: none"> - Understand individual and subjective features of pain. - Identify the different pathways of pain in the brain. - Understand the role of limbic system on pain. - Think about threat perception and limbic system responses. 	<ul style="list-style-type: none"> - Pain does not occur on tissues. 	60 minutes
6	Pain Dimensions: emotional, psychological, and social factors.	<ul style="list-style-type: none"> - Experience, beliefs and emotions on pain perception. - Protectometer - Context influence. - Maladaptive behaviors on pain. - Fear-avoidance, hypervigilance, catastrophizing and kinesiophobia. 	<ul style="list-style-type: none"> - Think about personal experiences and injury. - Understand the influence of context and emotions on perceived pain. - Think about personal behaviors that can be perpetuating pain. - Design and learn strategies of self-efficacy on pain. - Understand the role of attention and hypervigilance on pain. 	<ul style="list-style-type: none"> - Emotions, beliefs, and context are part of pain experience. - Maladaptive behaviors related to pain must be identified. - Self-efficacy on pain. - Concepts related to movement and pain and fear-avoidance behaviors. 	60 minutes

- Metaphors
- Drawings and diagrams made by the researcher
- Illustrations, definitions and diagrams extracted from **"Explain Pain"**.