

Ashburn Clinic

Luncheon Seminar: 13 May 2019

Luncheon: 12.00–12.30 pm Presentation: 12.30 pm–1.30 pm

Please rsvp for catering purposes by Wednesday 8 May.

Email: rebecca@ashburn.co.nz

Location: Ashburn gym
Parking: top carpark.
No smoking onsite.

Sponsorship for the luncheon seminars has generously been provided by the James Hume Bequest Fund.



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Non-Organic Pain Syndromes

Presenter: Mr John Dunbar

Non-organic pain syndromes are common throughout the various specialties of medicine and surgery. They have not always been well understood or well managed and have long presented a significant challenge to those not trained in their management. As an orthopaedic surgeon, Mr John Dunbar sees patients with abnormal pain responses including CRPS from childhood to middle age. Most of these patients have no significant underlying psychological abnormality. By necessity he has developed his own strategy for helping these patients which includes reassurance, explanation through a conceptual model of how pain is produced and identification of strategies the patient can adopt themselves to resolve or reduce the impact of their problem. This involves discussion of nerve pathways and the concept of neuroplasticity.

This approach has been most strikingly useful for children and adolescents and helpful, although less remarkably so, in adults. A small group needs more specialist psychological input. Early identification and correction for patients inadvertently proceeding down unhelpful nerve pathways can prevent establishment of chronic pain.

Mr John Dunbar will discuss his approach, some results and implications for medical education.

Mr John Dunbar is a general orthopaedic surgeon with subspecialty interest in paediatric orthopaedics. He has worked at Dunedin Hospital since 1993 and Mercy Hospital since 1996. His interest in non-organic pain syndromes has been sparked in recent years by the observation of some spectacular resolutions of pain syndromes in children.

Luncheon Seminars:

- 10 June Heidi Hayward: *School Responses to Traumatized Children*

Advanced Theory of Psychotherapy Module series

- 2 July–10 September: *Abnormal Psychology*