noigroup
GRADED MOTOR IMAGERY

21 + 22 May 2025 | Slovenia | Tim Beames

DESCRIPTION
Presented in English

What is Graded Motor Imagery?

Graded Motor Imagery (GMI) is an evidence based, graded, brain training programme which accesses the virtual body in the brain. It is useful for a wide range of chronic pain states where the central nervous system may be up-regulated, including osteoarthritis, Complex Regional Pain Syndrome, phantom pains and 'non-specific' spinal pains. It gives new hope to many people in pain.

GMI involves the use of Apps, Flashcards, motor imagery, mirrors and Explain Pain education. In this course, participants are given the confidence and skills to use GMI immediately and to effectively integrate it into their current practice.

The course is structured around practical sessions supported by discussion of clinical applications.

This course is open to health professionals involved in pain and stress management

REGISTRATION
Email Marko Oset: dogodki@ir-rs.si

VENUE
University Rehabilitation Institute, Ljubljana, Slovenia

Please arrive at 08.30 on Wednesday 21 May 2025 for registartion

- Session 1: Wednesday 21 May 2025, 08.30 – 17.00
- Session 2: Thursday 22 May 2025, 09.00 – 17.00

COURSE AIMS
By the end of this course participants will :

- Understand the process of GMI and where it fits into an overall treatment programme
- be able to identify appropriate patients for GMI from both clinical presentations and research outcomes
- have knowledge of the scientific underpinnings of GMI
- have practical skills in using the three components of GMI
- be able to confidently translate learnt GMI skills to effective treatment application

INSTRUCTOR
Tim Beames MSc BSc MCSP, UK

Tim is a pain specialist physiotherapist and pain educator living in Tunbridge Wells, UK. He's been teaching with NOI since 2006 during which he has co-authored the Graded Motor Imagery Handbook, alongside David Butler and Lorimer Moseley.
He is the co-founder of Le Pub Scientifique, a unique learning platform connecting people interested in pain to the latest science and the world leading experts on pain. He is also co-founder of Pelvic Pain Matters, a group dedicated to improving the lives of men suffering pelvic pain.
Tim splits his time between his clinical role treating people experiencing persistent pain and helping to offer hope for recovery; teaching and mentoring healthcare professionals interested in growing as clinicians; and organising and running pain-related events.

PRE-COURSE REQUIREMENTS
The NOI Explain Pain course provides the educational underpinnings for the GMI course and as such is a prerequisite.

Please bring an iPhone, iPad or Android device to the course.
You will need to download a Recognise™ App of your choice. The Recognise™ App is an easy to use, portable tool set for the first two stages of Graded Motor Imagery - perfect for patient treatment with new clinician export features.

RESOURCES
The Graded Imagery Handbook
With patience, persistence and often lots of hard work, GMI gives new hope for treatment outcomes.

ww.noiukshop.com