

THE BRITISH PAIN SOCIETY SUMMER RETREAT 2020
HOSTED BY THE PHILOSOPHY AND ETHICS SPECIAL INTEREST GROUP
RYDAL HALL, CUMBRIA, 5th-8th JULY 2020

UNDERSTANDING PAIN IN A COMPLEX WORLD: THINKING OUTSIDE THE BOX

Full Programme

Sunday 5th July 2020

16.00 Arrive/Tea

18.30 Dinner and Housekeeping

Monday 6th July 2020

08.15 Tai Chi in the gardens with **Betsan Corkhill**

08.45 Breakfast

09.30 **Betsan Corkhill: Welcome and introduction**

09.45 **Dr Clare Roques: Chronic Pain - The global perspective**

11.00 Coffee

11.20 **Dr David Bain: The nature, role, and value of pain**

12.30 Discussion

13.00 Lunch

14.00 Walking and recreation in the gardens and countryside

16.00 Tea

16.30 **Dr Jonathan Tomlinson: The link between chronic pain and deprivation**

17.30 Discussion

18.30 Dinner

Tuesday 7th July 2020

08.15 Tai Chi in the garden with **Betsan Corkhill**

08.45 Breakfast

09.30 **Dr Peter Gorman: Introduction**

09.45 **Betsan Corkhill: Finding safety in movement**

10.30 Discussion

11.00 Coffee

- 11.30 **Dr Peter Dorward: The Philosophy and Ethics of Pain and Suffering Workshop Part 1 - coming to an agreed, common philosophical framework on what we're talking about when we're talking about chronic pain**
- 12.30 Discussion
- 13.00 Lunch
- 14.00 Walking and recreation in the garden and countryside including forest bathing
- 16.00 Tea
- 16.30 **Dr Peter Dorward: The Philosophy And Ethics Of Pain And Suffering Workshop Part 2 - Practical, participatory workshop with professionals and pain sufferers to share ideas about how to communicate about complex pain, the language and metaphors we use, which ideas 'work', which don't, what kind of language heals, and what offends**
- 17.30 Discussion
- 18.30 Dinner

Wednesday 8th July 2020

- 08.15 Easy yoga in the garden with **Peter Dorward**
- 08.45 Breakfast
- 09.30 **Introduction: Dr Maureen Tilford**
- 09.45 TBA
- 11.00 Coffee
- 11.30 TBA
- 12.00 **Dr Peter Gorman: Have we made any progress towards changing the culture of pain medicine?**
- 12.30 Discussion
- 13.00 Lunch/Meeting ends