



# The Progressive Goal Attainment Program (PGAP™)

An Evidence-Based Treatment Program for Reducing Disability Associated with Pain, Depression, Cancer and other Chronic Health Conditions.

*Each year, hundreds of thousands of people become disabled due to injury or illness. Whether addressed in relation to personal, social or health care costs, chronic disability remains one of the most expensive health problems facing modern society. PGAP™ was designed to prevent or reduce the severity of disability that can arise following injury or illness.*

## Reducing Psychosocial Barriers to Rehabilitation Progress

The primary goals of PGAP™ are to reduce psychosocial barriers to rehabilitation progress, promote re-integration into life-role activities, increase quality of life, and facilitate return-to-work. These goals are achieved through targeted treatment of psychosocial risk factors, structured activity scheduling, graded-activity involvement, goal-setting, problem-solving, and motivational enhancement.

## The Process of Treatment

In the initial weeks of the Program, the focus is on developing a structured activity schedule to assist the client in resuming activities that have been adversely impacted by injury or illness. Activity goals are established in order to promote resumption of family, social and occupational roles. Intervention techniques are invoked to target specific obstacles to rehabilitation progress (e.g. fear of symptom exacerbation, catastrophic thinking, perceived injustice and disability beliefs). In the final stages of the Program, the intervention focuses on activities that will facilitate re-integration into the workplace.

## What is Unique about PGAP™?

The Progressive Goal Attainment Program (PGAP™) is the first disability prevention program specifically designed to target psychosocial risk factors for disability. Psychosocial factors were chosen as targets of the intervention on the basis of emerging research supporting their relevance to return-to-work outcomes and their amenability to change through intervention. PGAP™ is a life-role re-integration Program that has been tailored to meet the rehabilitation needs of individuals who are struggling to overcome the challenges associated with a wide range of debilitating health and mental health conditions. PGAP™ is a standardized community-based intervention delivered by rehabilitation professionals such as occupational therapists, physical therapists, kinesiologists, nurses, rehabilitation counselors and psychologists. PGAP™ was designed to complement existing clinical services for the treatment of debilitating health and mental health conditions.

By adding a psychosocial risk-factor targeted intervention to existing treatment services, the goal is to establish 'virtual' multidisciplinary treatment teams at the level of the community. The website [www.PDP-PGAP.com](http://www.PDP-PGAP.com) provides contact information for providers who have completed the two-day PGAP™ training workshop. The development of a large network of service providers ensures that clients can be seen in a timely fashion and in a location within or near their community of residence.

## Essential Features of PGAP™

An initial screening determines whether a client is a suitable candidate for PGAP™. During the first session of PGAP™, clients are invited to view one of 4 PGAP™ Information Videos. Different videos have been developed to address factors specific to different disabling conditions. The videos feature interviews with medical and rehabilitation experts on the factors that contribute to successful rehabilitation and recovery. The information content addresses the nature of various chronic health and mental health conditions, the importance of activity involvement and return to work, and briefly describes the goals of PGAP™. The videos were conceived as vehicles for providing important medical/rehabilitation/reassurance information that is often difficult to communicate effectively within the time constraints of typical physician visits. Clients are also provided with a copy of the PGAP™ Client Workbook. The Client Workbook serves as the platform for the implementation of many of the intervention components of the Program and also serves to maximize fidelity to treatment protocol. The client and PGAP™ provider meet on a weekly basis, for approximately one hour, for a maximum of 10 weeks.

Treatment costs can be kept at a minimum as a result of the low number of direct clinical contact hours. The Program can be terminated prior to 10 weeks if the client is ready to return to work.



## Impact of PGAP™

PGAP™ has produced positive results for individuals suffering from musculoskeletal conditions, depression, cancer and other debilitating health conditions. Recent clinical trials have supported the use of PGAP™ as a cost effective intervention for reducing disability associated with persistent pain. Ongoing clinical trials are assessing the efficacy of PGAP™ for the management of disability associated with depression and in cancer survivors. One study showed that participation in PGAP™ increased the probability of return to work following whiplash injury by more than 50% (Physical Therapy, Vol 86, Jan 2006). Findings to date, suggest that PGAP™ can be a cost-effective means of improving function and facilitating return to work in individuals at risk for prolonged disability. (Journal of Occupational Rehabilitation, Vol 15, 377–392, 2005; Physical Therapy, Vol 86, 8–18, 2006; Journal of Occupational Rehabilitation, Vol 17, 305–315, 2007; Physiotherapy Canada, Vol 62, 180–189, 2010). Targeting catastrophic thinking to promote return to work in individuals with fibromyalgia. Journal of Cognitive Psychotherapy, in press.

## For further information please contact us:

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Centre universitaire de recherche  
sur la douleur et l'incapacité  
University Centre for Research on  
Pain and Disability

*A 2-Day Skills Training Workshop for the Progressive Goal Attainment Program (PGAP™):*

*An Evidence-Based Treatment Program for Reducing Disability Associated with  
Pain, Depression, Cancer and other Chronic Health Conditions*

June 15 & 16, 2012

LOCATION : The Westin Wall Centre Vancouver Airport Hotel · 3099 Corvette Way · Richmond · British Columbia

Evidence-based practice is quickly becoming the expected standard for rehabilitation interventions. The Progressive Goal Attainment Program (PGAP™) is currently considered one of the most empirically supported interventions for targeting psychosocial risk factors for disability. PGAP™ was originally conceived to target risk factors for pain-related disability and has now been modified to target risk factors for various disabling health conditions including pain, depression, cancer and other chronic illnesses. Selected topics from this standardized, skills training workshop include:

The Problem of Disability in Modern Society, A Biopsychomotor Perspective of Disability, Evidence-Based Practice for Disabling Health Conditions, Risk Factors for Chronicity, Assessment of Psychosocial Risk Factors for Disability, Activity Mobilization, Activity Scheduling, Treatment Techniques Specifically Designed to Reduce Health-Related Fears, Catastrophic Thinking, Perceived Injustice, Disability Beliefs, Maximizing Adherence to Treatment, Maximizing Client Motivation to Attain Rehabilitation Goals, Therapeutic Return to Work.

Psychologist, *Dr. Michael Sullivan* will direct the training workshop. Dr. Sullivan is a Professor of Psychology, Medicine, Neuroscience, Neurology, Physiotherapy and Occupational Therapy at McGill University and Scientific Director of the University Centre for Research on Pain and Disability. Dr. Sullivan has lectured nationally and internationally on the social and behavioral determinants of disability, and currently holds a Canada Research Chair in Behavioural Health. For the past twenty years he has been working on developing interventions that will prevent disability in individuals suffering from various chronic health and mental health conditions. Dr. Sullivan has published more than 100 scientific articles, 19 chapters and 4 books on the topic of psychosocial factors associated with disability. For more information about Dr. Sullivan's work or download a copy of his CV, please visit the training workshop portion of our website.

**PLEASE PRINT CLEARLY and complete all fields to avoid delays in your registration. Please keep a copy for your records as this form contains ALL the information you require to attend the workshop.**

Please note, fax number or e-mail address required to receive confirmation (**allow 10 business days**) of receipt of registration form.

Name: \_\_\_\_\_ Profession : \_\_\_\_\_

Company (if applicable) : \_\_\_\_\_

Address : \_\_\_\_\_ City/Town: \_\_\_\_\_

Province/State: \_\_\_\_\_ Country: \_\_\_\_\_ Postal/ ZipCode: \_\_\_\_\_

Phone : \_\_\_\_\_ Fax : \_\_\_\_\_

E-mail : \_\_\_\_\_

Please note credentials and titles are not transcribed on certificates.

*I would like my name on my attendance certificate to appear as:* \_\_\_\_\_

The cost of this 2-day workshop is \$750.00 plus 12% HST for a total of: **\$840.00**. Registrations **received by**, March 15, 2012 will benefit from an **early-bird** fee of \$695.00 plus 12% HST for a total of: **\$778.40**. Space is limited for this workshop and the waitlist from the March 2012 workshop will fill a significant number of spaces available. Registrations will be processed in order in which they are received with payment. Registrations **cannot** be accepted by e-mail or telephone. Deadline for registration is May 15, 2012 or until all spaces are filled. Registrations may be refunded or transferred to another participant for an administrative fee of \$100 plus 15% HST up until May 15, 2012. There are NO refunds after May 15, 2012. Payment is accepted in the form of cheque, (Payable to **PDP Program Inc.**) Visa or MasterCard. (*\*Note, receipts can only be made out to the Card Holder*). Registrations are only considered once form and payment are received.

Fee includes cost of all workshop materials (Value: \$219.70). Materials include 2 books (PGAP™ Treatment Manual, PGAP™ Client Workbook) 4 PGAP™ Information Videos (Pain, Mental Health, Cancer, Chronic Illness) and Handouts. Materials will be distributed at the workshop. Morning coffee (breakfast not included), mid-morning & afternoon nutrition breaks and lunch both days are also included in this fee.

Time: June 15 : 8:30am – 4:30pm & June 16 : - 8:30am – 4:30pm. *Please note that 100% attendance both days at the workshop is required to receive a certificate of completion. A certificate of completion is required as part of website listing eligibility.*

The Westin Wall Centre Vancouver Airport Hotel is 5 minutes away from Vancouver's International Airport. Complimentary shuttle runs every 30 minutes and will pick you up at both the Domestic/International Arrivals area. To book a guest room, please call hotel reservations directly at: 1-604-303-6565 or within Canada or the US call: 1-800-937-8461. Your preferred rate of \$139.00 is available for a limited time, or until availability is at capacity. Please request the rate for the University Centre for Research on Pain and Disability. Outdoor parking is available at the rate of \$10.00/day. Participants are strongly encouraged to book early.

**Payment must accompany registration. No exceptions. Registrations with post-dated cheques will be returned to sender.**

\* **Check one:**  \$778.40 (early-bird, received by March 15, 2012),  \$840.00 (received after March 15, 2012)

\* **Check one:**  Cheque/money order enclosed,  Visa,  MasterCard

CC # \_\_\_\_\_ Expiry Date : \_\_\_\_\_

Cardholder Name: \_\_\_\_\_ Cardholder Signature: \_\_\_\_\_

**Please send completed form and payment to: PDP Program Inc.  
5595 Fenwick Street · Suite 314 · Halifax · Nova Scotia · Canada B3H 4M2 or Fax: 1-902-421-1292**