

Progressive Goal Attainment Programme

Faculty:

Michael Sullivan

PGAP is one of the most empirically supported interventions for targeting psychosocial risk factors for disability. Reducing disability-relevant psychosocial risk factors has been shown to promote recovery, improve quality of life and increase return to work outcomes. PGAP is an intervention referred to as 'Risk-Targeted Behavioural Activation'. Behavioural Activation is supplemented by risk-targeted techniques such as education, guided disclosure, validation, goal setting, thought monitoring and re-appraisal, belief challenge and structured activity planning.

This workshop is designed to equip rehabilitation professionals with skills in psychosocial intervention strategies such that they may be better able to assist their clients in overcoming the challenges associated with debilitating health and mental health conditions. Numerous clinical trials have supported the use of PGAP for improving occupational outcomes in individuals with a wide range of debilitating health and mental health conditions including low back pain, whiplash, fibromyalgia, depression and post-traumatic stress disorder. PGAP has been included in the Official Disability Guidelines (Work Loss Institute) as an evidence-based intervention for managing risk for prolonged disability.

PGAP combines behavioural activation, cognitive behavioural and acceptance and commitment therapy techniques within an activity re-integration framework that aims to:

- Reduce psychosocial barriers to rehabilitation progress and recovery,
- Increase quality of life,
- Facilitate return to work.

Through web-based didactic presentations, video demonstrations and case studies, participants will:

- Learn what is currently known about psychosocial risk factors for delayed recovery,
- Learn how to administer and interpret the results of psychosocial screening tools,
- Learn intervention techniques designed to reduce catastrophic thinking, symptom exacerbation fears, disability beliefs and perceived injustice.

About Our Speaker:

Michael Sullivan

Dr Michael Sullivan is a clinical psychologist currently a Professor of Psychology, Medicine, Neurology, and Physical and Occupational Therapy at McGill University. He holds a Canada Research Chair in Behavioural Health. Over the past 30 years, Dr Sullivan has worked as an educator, clinician, clinic director, and department chair. He has consulted with numerous health and safety organisations, veterans' administration organisations, insurance groups, and social policy and research institutes. In 2011, he received the Award for Distinguished Contributions to Psychology from the Canadian Psychological Association.

Dr Sullivan is best known for researching psychosocial risk factors for pain and disability and developing risk-targeted interventions to foster occupational re-engagement following injury. One such intervention, the Progressive Goal Attainment Program (PGAP), has been included in the Official Disability Guidelines (Work Loss Data Institute) as an evidenced-based approach to managing work disability.