

# CPD EVENT RECORD - LEARNING WITH OTHERS

## HOW WE SIT WITH DIFFICULTY

with Alison Bale

**LIVE EVENT**

20th March 2025

**50**  
minutes

### Summary

This discussion provides a comprehensive overview of the role of mindfulness in pain relief, with a focus on how it can be incorporated into physical therapy. It illustrates how mindfulness can benefit a wide range of people, not just those with mental health conditions, emphasising that it does not require long meditation sessions - even brief moments of awareness can be beneficial. Research shows mindfulness meditation can significantly reduce pain intensity and unpleasantness through changes in brain activity, and is more effective than placebo or 'sham' approaches.

NICE Guidelines: NG193 - Chronic pain (primary and secondary) in over 16s

### Principles and Standards of Practice

OSTEOPATHIC THEMES (Osteopathic Practice Standards 2019)

- A. Communication and patient partnership: A3, A5
- B. Knowledge, skills and performance: B1, B2, B3, B4
- C. Safety and quality in practice: C1

### Certification

This certificate confirms that

**Paul Keilbart**

participated in this CPD event



**S L BRUCE, APM Director**

*Please note: the time shown on the certificate reflects the duration of the event. When claiming your CPD, you should ensure that you only claim for the time you were present. In the event of an audit, APM records can be used to show the time at which you logged in.*

**Evaluation, Reflection and Impact on Practice** *(this part of the certificate is **not** automatically generated - it has been entered by the participant)*