

CAPDA Webinar via ZOOM

Friday May 23, 2025
2:00- 5:15pm EST

It's All About Pain

**Presented by Eleni G. Hapidou, Ph.D., C. Psych.
Diplomate, CAPM**

Chronic pain is a complex condition that extends beyond physical symptoms, affecting emotional and social well-being.

This webinar will provide a comprehensive review of core concepts related to chronic pain, from its cellular mechanisms to emotional and behavioural responses.

We will explore the definition of chronic pain, the similarities and differences between chronic pain and acute pain, and why a biopsychosocial approach is necessary for understanding both medical and psychological approaches for both assessment and treatment.

In the webinar, participants will benefit from learning about the significant amount of research that has been conducted over the last 60 years. Evidence-based research of multidisciplinary / interdisciplinary chronic pain management programs will be provided.

In addition, participants will gain insight into the diverse populations affected by chronic pain, including veterans, individuals recovering from car accidents, and those injured in the workplace.

By the end of the webinar, attendees will have a deeper understanding of chronic pain and multidisciplinary / interdisciplinary strategies to improve patient care.

Learning Objectives

As a result of this webinar, participants will be better able to:

- Understand the definition of chronic pain and its impact on physical, emotional, and social well-being.
- Identify relevant diagnostic issues and recognize associated comorbidities.
- Examine different treatment modalities, underscoring the importance of a multidisciplinary / interdisciplinary approach to chronic pain assessment and treatment.
- Explain the importance of a biopsychosocial approach to assessing and treating chronic pain.

ACCREDITATION



This program has been approved by the Ontario Psychological Association to offer continuing education for psychologists and psychological associates. This program meets the criteria for 3 continuing education credits.

REGISTRATION

CAPDA Members: FREE
Non-Members: \$200
Students: \$50



ABOUT THE PRESENTER

Dr. Eleni G. Hapidou, Ph.D., C. Psych.

Dr. Hapidou received her Doctorate in Psychology from McMaster University in 1989. She completed three post-docs: a) University of Western Ontario (with a fellowship from the Arthritis Society) (1988-1991), University of Waterloo (Research Scientist, 1991-1992), and c) McMaster University – Chedoke McMaster Hospitals (Neuropsychology and Clinical Psychology Residency, 1992-1993) before becoming a Registered Psychologist with the College of Psychologists of Ontario in 1993.

Dr. Hapidou has been a psychologist with the Interdisciplinary Chronic Pain Management Program of Hamilton Health Sciences since 1992 (now, the Michael G DeGroote Pain Clinic). She has trained several psychologists, residents, and students in the field. She has also been a Faculty member in Psychiatry, Psychology, Bachelor of Health Sciences Program, and Clinical Behavioral Sciences for over 30 years. She has served two terms as a) the Psychology Practice Leader and b) Chief of Psychology at Hamilton Health Sciences (HHS). She has also served two terms on the New Investigator Fund and Early Career Awards Committees at HHS.

Dr. Hapidou has founded the Yoga classes at the Interdisciplinary Pain Program and has been serving as the Yoga Instructor since 2009.

She is currently a psychologist at the Michael G DeGroote Pain Clinic, and an executive member of the Michael G DeGroote Pain Institute for Research and Care. She has her own research program in program evaluation, and is involved in many research projects, has presented nationally and internationally, and has published extensively. She has also developed psychometric instruments to measure pain satisfaction, and goal accomplishment, and has validated several measures for use in research with patients with chronic pain. She is a reviewer for several pain journals such as the Journal of Pain (editorial board), Clinical Journal of Pain, Scientific Reports, BMJ, BMC, and an Associate Editor of the Journal of Military, Veteran and Family Health (JMVFH). She is also a Diplomate of the Canadian Academy of Pain Management (Vice President) and has been teaching credentialing courses for an interdisciplinary group of clinicians for over 15 years.



REGISTRATION

CAPDA Members: FREE

Non-Members: \$200

Students: \$50

