

For More Information

- 419-969-6099
- info@glseminars.com
- www.glseminars.com

Payment in full is due with registration and there is a non-refundable cancellation fee of \$50. There will be no refunds given within 2 weeks (14 calendar days) of the course.

Great Lakes Seminars reserves the right to cancel the course due to unforeseen/unavoidable circumstances. In the event of a cancellation, Great Lakes Seminars will not be responsible for any charges incurred by the registrant other than the course cost.

Instructor

Karl Buche
PT, DPT, CIMT, CIDN, TPS, OCS

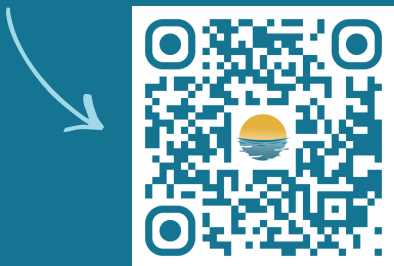
Karl completed his undergraduate degree in Exercise Science from Michigan Technological University in 2012, then went on to graduate with his doctorate in physical therapy from Central Michigan University in 2016. He works at Probility Physical Therapy, which is based in southeast Michigan, and is the director of the Pinckney Clinic. After obtaining his CIMT credentials in 2019, he began teaching and assisting courses for GLS, with his main area of expertise being pain neuroscience. He believes in an eclectic treatment approach, including many styles of manual therapy, pain education, and individualized exercise. Karl cares deeply about the manner in which we communicate with our patients, and loves teaching others how to minimize nocebo effects during patient interactions. He lives in Chelsea, MI with his wife, Catherine, and puppy, Olive. He enjoys treating all orthopedic dysfunctions, and loves to incorporate breathwork into his practice.

2026 Course Schedule

- April 11, 2026 - Minden, NV
- April 25, 2026 - Toledo, OH or Live Hybrid
- September 12, 2026 - Willow Springs, IL

Please check our website for the most updated schedule: www.glseminars.com

Scan the QR code below to view the Understanding Pain course page on our website!



Interested in hosting this course at your facility?

Bring our instructors to your clinic or organization for an exclusive training experience tailored to your team. Contact us for hosting details and availability.



Understanding Pain: Reducing Perceived Threat By Changing Perception

2026



We Don't Just Teach. We Inspire.

75% Hands-On Training
Practice new techniques
with confidence

Passionate Instructors
Learn from specialized
instructors who truly care

The GLS Experience
Be part of a fun weekend
that will fly by

Understanding Pain

Course Description

This course dives deep into what pain is and why we have it, then will provide you with evidence-based strategies on how to use pain neuroscience education to improve patient outcomes. You'll learn metaphors and stories that help nudge patients in the right direction, depending on their readiness to make a behavior change. We'll also cover neurodynamics (movement of the nervous system) and how to treat a sensitive nerve. Finally, we'll discuss strategies to talk patients down from the "osteoarthritis/disc pathology cliff" when they are fixated on these issues and ignoring what can improve their pain and function. You'll leave this course with the ability to immediately apply the information and elevate your approach to treating patients' pain!

This course is 100% lecture-based.

Looking for a more advanced approach to pain science? Our new **Advanced Evaluation and Treatment of Complex Pain** course is a great next step!

Course Objectives

- Correctly and independently explain the difference between actual pain and perceived pain.
- Correctly and independently explain how a pain experience is generated.
- Correctly and independently explain why we cannot depend on imaging alone to guide our clinical judgement.
- State 5 metaphors used to explain pain to patients.
- Correctly identify the stages of behavior change as well as how to guide a person through them.
- Correctly and independently explain both osteoarthritis and disc pathologies and how they relate to each other.

Course Outline:

Saturday

7:30am - Doors Open

8:00am - Lecture: What is Pain?

8:30am - Lecture: Basics of the Nervous System

9:00am - Lecture: Pain Neuroscience Education

11:00am - Lab: PNE Practice

12:00pm - Lunch (on your own)

1:00pm - Using Our Communication to Reduce Perceived Threat

2:00pm - Lecture: Talking a Patient Down from the Disc Pathology Cliff

3:00pm - Lab: PNE Practice

4:30pm - Review: Pain Neuroscience Education Metaphors and Neurodynamics

5:00pm - Adjourn

Continuing Education

This course has been submitted for 8 continuing education hours in the state in which each course is held. Approval amounts may vary per state. Certificates of attendance with the number of course hours will be given to each participant at the completion of the course.

REGISTER TODAY!

Register online at www.glseminars.com or fill out this form and fax to (419) 730-1216 or mail with payment to: 2768 Centennial Road, Toledo, OH, 43617

Name

Address

Phone

E-mail

Discipline

State(s) Licensed In

Course Location: _____

Course Date: _____

Course Fee: \$350

☐ Check Payable to: Great Lakes Seminars

☐ VISA ☐ MasterCard ☐ AMEX ☐ Discover

Credit Card Number

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Expiration Date (Month/Year)

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Security Code

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Billing Zip Code