

Program Syllabus

Eight modules. 3 to 6 months. Everything you need to practice.

Certification issued by the Institute for Applied Strategic Therapy (IAST) on completion.

01 The Mechanism

Why chronic pain persists when every scan comes back clean. Central sensitization, the nervous system's learned pain response, and why structural explanations fail the people who need help most.

02 The Strategic Therapy Foundation

The strategic brief therapy model and its application to chronic pain. What makes therapy strategic, and why outcome is the measure of good work, not insight.

03 The PRT Framework

The symptom-as-solution model: how pain forms, what it communicates, and what keeps it in place. Cases that seemed permanently stuck start to move here.

04 Session Structure

What to do in Session 1, Session 2, and across the full resolution arc. You arrive at your first real client knowing exactly what each session is for.

05 Case Formulation

How to build a working formulation from the first conversation, identify what is driving the presentation, and recognize when something else is underneath the pain.

06 Interventions and Tools

Education sequences, behavioral directives, language patterns, and real-time decision making across sessions. Includes what to do when pain re-appears after it has resolved.

07 Resistance and Protection

Some clients are more invested in the pain than they realize. You will learn to read it, work with it, and move stalled cases using joining, utilization, and the paradoxical position.

08 Building the Practice

How to describe what you do, build referral relationships, filter your intake, set your fees, and structure a practice where outcomes generate the next client.

CERTIFICATION

On successful completion you receive PRT Practitioner certification, issued by the Institute for Applied Strategic Therapy. Certification is granted after completing all eight modules and the supervised practice component in Module 7.

TUITION

Early enrollment: \$1,999 (full price \$2,499). Income-based pricing is available for candidates where the fee is a genuine barrier. Tuition includes twelve months of curriculum access, personal trainer guidance, and the full case study library.

painresolutiontherapy.org

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