

Introductory workshop: Cognitive Functional Therapy for athletes with persistent Low Back Pain

Cognitive Functional Therapy (CFT) is a person-centred physiotherapist-led cognitive and behavioural intervention, that guides people with persistent LBP to self-manage their condition. It is supported by a number of clinician trials including the RESTORE trial published in the LANCET.

This introductory workshop to CFT outlines the multi-dimensional nature of low back pain in athletes, key aspects of person-centred communication including guided behavioural examination techniques. A multi-dimensional clinical reasoning framework is used to provide individualized care to target the relevant biopsychosocial factors.

It will outline the key components of CFT: 1. making sense of pain, 2. exposure with control, and 3. life-style coaching. This workshop will follow the journey of CFT, through the experience of athletes with persistent low back pain.

The workshop will explore opportunities to develop knowledge and skills in CFT.

Presenter's Bio:

Peter is a John Curtin Distinguished Professor at the School of Allied Health Sciences at Curtin University, and a practicing Specialist Musculoskeletal Physiotherapist at bodylogic.physio. With his team he has developed a person-centred approach for people disabling low back pain – called ‘cognitive functional therapy’. This treatment has demonstrated efficacy in numerous clinical trials, including a recent landmark trial published in The Lancet (restorebackpain.com). With his team he has published more than 370 scientific papers. With his team Peter has developed a social enterprise to support clinician training in cognitive functional therapy called evolvepaincare.academy.



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Prof Peter O'Sullivan

November 1st, 2025, Nyon (Kenzencentre, chemin des Saules 4A, 1260 Nyon)

Start & Finish Times	Topic or Element (include lunch and tea breaks)
8.30-10.15	Making sense of disabling low back pain in athletes
BREAK	
10.30-12.00	Cognitive Functional Therapy management
LUNCH	
13.00-14.45	Patient/Athlete with disabling low back pain – interview, examination, CFT management
AFTERNOON TEA	
15.00-17.00	Clinical reasoning, discussion : CFT progressions, Barriers to CFT, Evidence of CFT efficacy – training

Organizers

Dr Boris Gojanovic

SEMS & Hôpital de La Tour

Xavier Dallemagne

Kenzen Centre physiothérapie