

# Welcome to the Chronic Pain Workshop!

Please put your first name and last initial in the chat box  
We will begin in a few minutes



The format of the class will be instructional; thus, you will be muted throughout.



**Join the audio by pressing the headphones symbol**



If you would like to answer a question or interact with the presenter, type your message or comment in the chat box (you can select for the message to be routed directly to the presenter).



# Behavioral Health Consultant

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**Behavioral Health Consultant at a TriHealth primary care office**

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**Mental Health: anxiety, depression, grief, adjusting to life**

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**Health Goals: exercise, eating healthy, better sleep, following Dr's treatment plans**

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**Short-term (1-6 visits for 30-minute appointments)**

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**I can provide referrals or consult with your doctor regarding your needs**

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**Main purpose: make sure we're taking care of you, body and mind!**



# Agenda

Gate control theory of pain

Nervous system

Relaxation

Pain story

Values

Pacing activities

Goal setting



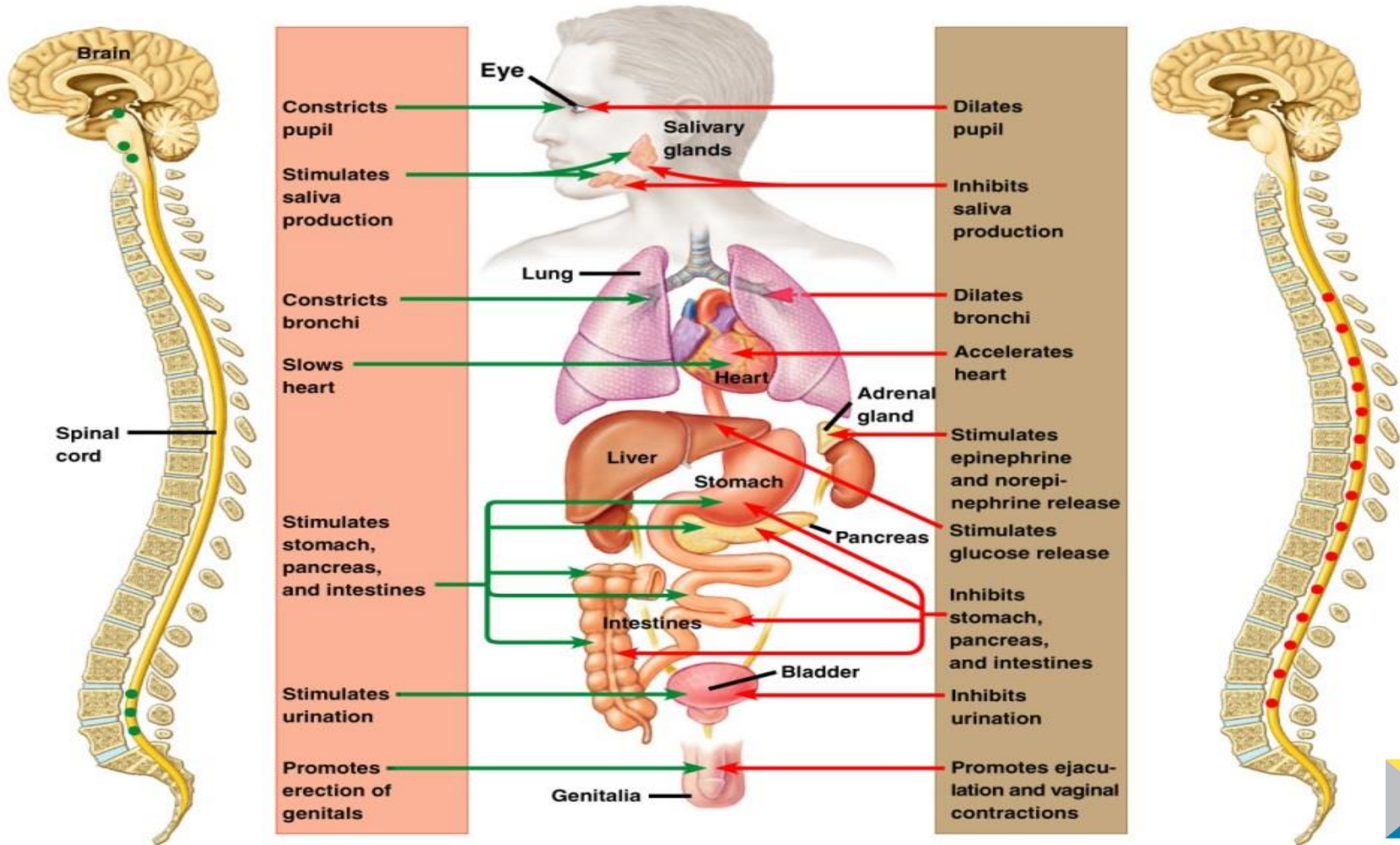
# Gate Control Theory of Pain

Factors which:	OPEN the pain gate	CLOSE the pain gate
Physical	<ul style="list-style-type: none"> <li>• Extent of the injury</li> <li>• Readiness of the nervous system to send pain signals</li> <li>• Inappropriate activity level</li> </ul>	<ul style="list-style-type: none"> <li>• Application of heat or cold</li> <li>• Massage</li> <li>• Relaxation skills (to lower readiness of the nervous system)</li> <li>• Appropriate activity level</li> </ul>
Emotional	<ul style="list-style-type: none"> <li>• Depression</li> <li>• Worry</li> <li>• Anxiety</li> <li>• Tension</li> <li>• Anger</li> </ul>	<ul style="list-style-type: none"> <li>• Avoiding excessive emotions</li> <li>• Positive emotions</li> <li>• Managing stress</li> </ul>
Mental	<ul style="list-style-type: none"> <li>• Focusing on the pain</li> <li>• Boredom due to minimal involvement in life activities</li> <li>• Non-adaptive attitudes</li> </ul>	<ul style="list-style-type: none"> <li>• Distraction away from pain</li> <li>• Increased social activities</li> <li>• Positive attitudes</li> </ul>
Behavioral	<ul style="list-style-type: none"> <li>• Withdrawal from positive life activities</li> <li>• Poor health habits</li> </ul>	<ul style="list-style-type: none"> <li>• Increased positive life activities</li> <li>• Appropriate exercise</li> <li>• Healthy eating</li> <li>• Refraining from unhealthy habits</li> </ul>



Parasympathetic division

Sympathetic division



# RELAXATION





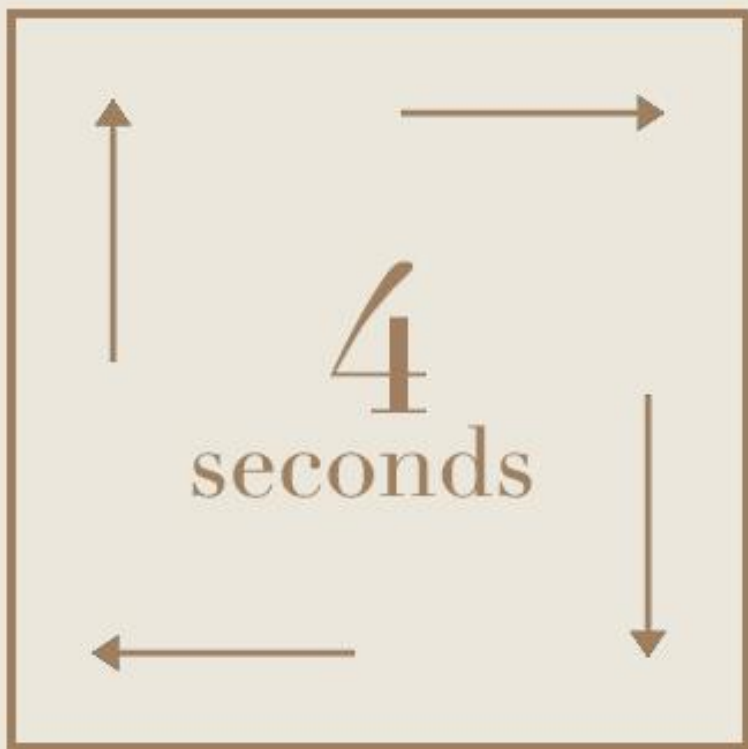
## How relaxation can help pain

- Decrease muscle tension
- Can reduce pain
- Produce a feeling of calm
- Improve mood
- Increase energy
- Decrease respiratory rate
- Decrease heart rate
- Increase blood flow to extremities (biofeedback)



breathe in

hold



hold

breathe out



# Relaxation strategies

- Deep breathing
- Body scanning
- Guided imagery
- Yoga- mind/body connection



# Pain story

- Type of pain. How did the pain start?
- Factors that contribute to pain
- Describe your pain story
- When you think about the “bite” pain is taking out of how your body works, how your mind works, and your connection with your community, which of these areas need your attention most?:
  - Body
  - Mind
  - Connections





# Values

1. Attend to relationships
2. Be a part of a group
3. Be powerful and influence others
4. Achieve things in life



# Values

5. Live a life of pleasure
6. Have an exciting life
7. Behave respectfully
8. Be self-directed
9. Spirituality



# Values

10. Security
11. Recognize good things
12. Contribute to the larger community
13. Work at self-development
14. Integrity

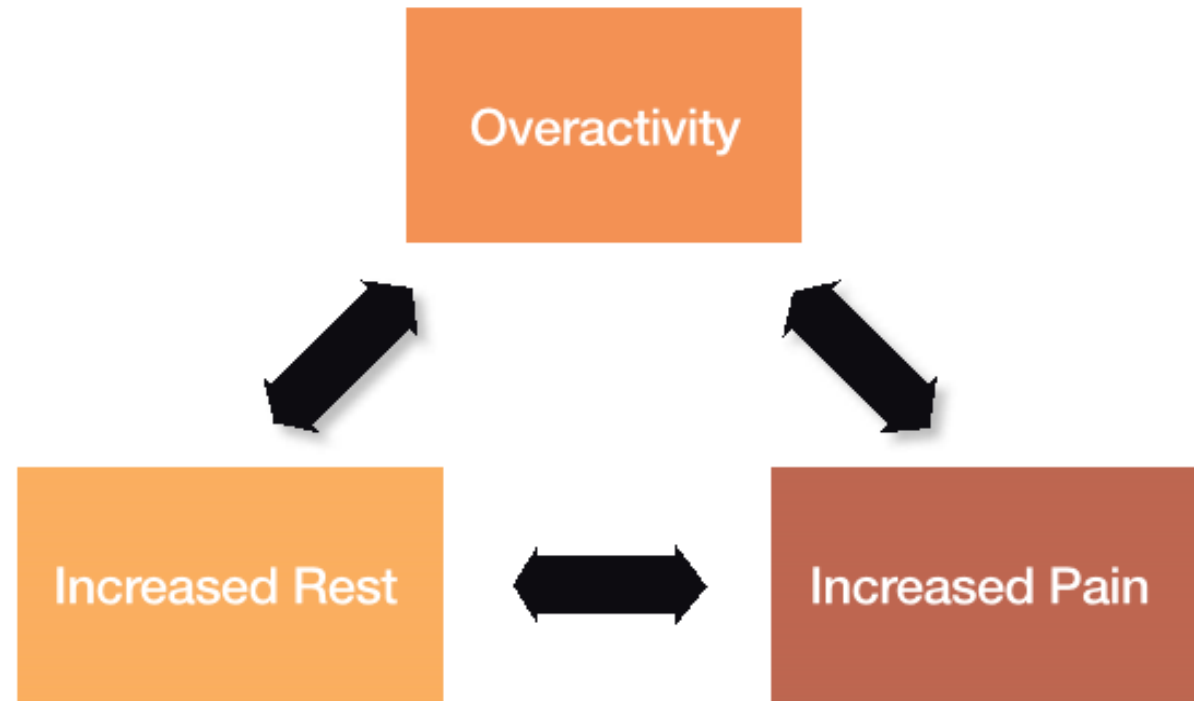


pacing



**TriHealth**

Be seen. Be heard. Be healed.™



Engaging in a moderate, safe level of activity on a regular basis is how to avoid this cycle. Using the skill of pacing, where time is the guide for activity engagement, can be a helpful strategy. Pacing is about balancing activities, planning ahead, and working “smarter not harder.”





Activity - rest - repeat



	Sample	Activity 1	Activity 2	Activity 3
Activity	<i>Rake leaves</i>			
Active Goal	<i>10 minutes</i>			
Rest Goal	<i>15 minutes</i>			
Day 1	<i>10 / 15 (1)</i>			
Day 2	<i>10 / 15 (2)</i>			
Day 3	<i>10 / 15 (3)</i>			
Day 4	<i>15 / 15 (1)</i>			
Day 5	<i>15 / 15 (2)</i>			
Day 6	<i>15 / 15 (3)</i>			
Day 7	<i>20 / 15 (2)</i>			



# Relaxation

Guided Imagery





# Realistic goals to take back your life

- Unfortunately, pain-free is often unrealistic.

More realistic goals may be:

- Reducing impact of pain on activities
- Learning to live with the pain
- Learning to enjoy life
- Regaining control of your life
- Increasing activity, etc.



# Realistic goals to take back your life



Talk with your doctor about what physical limitations you have and do not do those activities.



Instead, focus on gradually resuming those that hurt but are not harmful.



Setting realistic goals provides a focus for your energy and enables your goals to be achieved.



Also, when you are devoting your time and energy to things you really want to do and can accomplish, there is less time to think about your pain.



The less you think about your pain, the less you will suffer.



# Values



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## Accumulating Positive Emotions: Long Term

**A**ccumulate positive emotions in the long term  
to build a “life worth living.”

That is, make changes in your life so that positive events will occur in the future.

### Step 1. Avoid avoiding.

Start now to do what is needed to build the life you want. If you are not sure about what to do, follow the steps below.

### Step 2. Identify values that are important to you.

ASK: What values are really important to me in my life?

*Examples:* Be productive; be part of a group; treat others well; be physically fit.

### Step 3. Identify one value to work on now.

ASK: What is really important to me, right now, to work on in my life?

*Example:* Be productive.

### Step 4. Identify a few goals related to this value.

ASK: What specific goals can I work on that will make this value part of my life?

*Examples:* Get a job where I can do something useful.

Be more active keeping up with important tasks at home.

Find a volunteer job that will use skills I already have.

### Step 5. Choose one goal to work on now.

Do pros and cons, if necessary, to select a goal to work on now.

*Example:* Get a job where I can do something useful.

### Step 6. Identify small action steps toward your goal.

ASK: What small steps can I take to get to my goal?

*Examples:* Visit places and look for job openings on the Internet in my area.

Submit applications for jobs at places I want to work.

Write résumé.

Check out benefits at places I might want to work.

### Step 7. Take one action step now.

*Example:* Go on Internet and check for jobs in my area.



# Getting from Values to Specific Action Steps

Due Date: \_\_\_\_\_ Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

Once you have figured out your values, the next step is to decide on specific things you can do or achieve (goals) that will make your life more in line with your values. Once you have goals, you can figure out what action steps are necessary to achieve the goal.

**Example: VALUE:** Be part of a group.

Possible **GOALS:**

- Reconnect with old friends.
- Get a more social job.
- Join a club.

Pick one **GOAL** to work on right now.

- Join a club.

Figure out a few **ACTION STEPS** that will move me toward my goal.

- Look for clubs on craigslist.
- Go to the bookstore by my house and ask about book groups.
- Join an interactive online game or chat room.

1. Pick one of your **VALUES:**

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2. Identify three **GOALS:**

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3. Circle one **GOAL** to work on right now.

4. Identify **ACTION STEPS** you can take right now to move closer to this **GOAL.**

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5. Take one **ACTION STEP** now. Describe what you did:

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Describe what happened next: \_\_\_\_\_





Questions?

THANK YOU!