CONTENTS

Allow the Invisible to be Seen!

ACKNOWLEDGMENTS	I
PREFACE	Ш
HOW TO USE THIS MANUAL	IV
SECTION 1 UNDERSTANDING CHRONIC PAIN Groundhog Day Defining Pain and Understanding Its Impact Handout Instructions Defining Pain and Understanding Its Impact More About Pain Ten Common Chronic Pain Conditions Myths and Misconceptions Handout Instructions What are Some of the Myths and Misconceptions Regarding Chronic Pain?	1 2 3 4 5 8 13
SECTION 2 THE SIX PSYCHOSOCIAL STAGES The Psychosocial Effects of Chronic Pain Handout Instructions The Psychosocial Effects of Chronic Pain Living in the Depths of Pain Psychosocial Effects of Chronic Pain: The Six Stages Poetry You Know You Are a Chronic Pain Sufferer When Handout Instructions You Know You Are a Chronic Pain Sufferer When	15 17 18 19 23 32 33 34
SECTION 3 TREATMENT PLANNING AND CO-OCCURRING CONDITIONS Treatment Plan Tree Illustration Treatment Plan Tree Working Form Clinical Diagnosis of Chronic Pain Depression and Chronic Pain Handout Instructions Depression and Chronic Pain A Doctor for Judith? Chronic Pain and Suicidal Thoughts Handout Instructions Chronic Pain and Suicidal Thoughts Martha Chronic Pain and Trauma Chronic Pain and Insomnia Handout Instructions Chronic Pain and Insomnia Stages of Sleep Good Night's Sleep Case Study	35 36 37 41 44 45 46 48 50 51 52 53 56 57 58 60 62
Case Study Treatment Plan Tree Working Form	64

Case Study Diagnosis	66
Case Study Goals and Interventions	67
SECTION 4 WORKING WITH A MULTIDISCIPLINARY TEAM	69
Importance of a Multidisciplinary Team	71
Treatment Team	72
Treatment of Chronic Pain	73
How to Talk to Your Doctor Handout Instructions	75
How to Talk to Your Doctor	76
Questions and Concerns	77
The Best Way to Communicate Your Pain	78
0–10 Numeric Rating Scale	79
Wong-Baker FACES Pain Rating Scale	80
Medication Log Handout Instructions	81
Medication Log	82
Dale Lehn's Story	83
Chronic Pain and Opioid Medication	84
Bringing Humanity Back to Health Care	87
Bringing Humanity Back to Health Care	91
Pain Care Bill of Rights	92
Patient Survey <i>Handout Instructions</i>	93
Patient Survey	94
Susan's Story	95
SECTION 5 COPING SKILLS AND STRATEGIES	97
The Faces of Chronic Pain	98
Breathing – The Basics Handout Instructions	100
Breathing – The Basics	101
Mindfulness-Based Practices	103
Strategies for Changing Your Perspective on Pain with Mindfulness	104
Handout Instructions	101
Strategies for Changing Your Perspective on Pain with Mindfulness	105
Pain: It Is Not What You Think – or is it? <i>Handout Instructions</i>	106
Pain: It Is Not What You Think—or is it?	107
Identifying Pain Stories Handout Instructions	109
Identifying Pain Stories	110
Working with Pain Stories Handout Instructions	111
Working with Pain Stories	112
Stages of Grief in Chronic Pain Handout Instructions	113
Stages of Grief in Chronic Pain	114
Changing Your Messages and Responses Handout Instructions	115
Changing Your Messages and Responses	116
Affirmations	117
Affirmations Handout Instructions	118
Affirmations	119
Guided Imagery Script	120
Hypnosis	124
Self-Hypnosis Handout Instructions	126
Self-Hypnosis	127
Normalizing Pain Handout Instructions	130

Normalizing Pain	131
Kaleidoscopes	132
Pacing, Self-Care, Simple Interventions Handout Instructions	134
Importance of Pacing	135
Pacing Self-Care	136
Remember That the Simple Things Can Help	137
Enjoying the Holidays <i>Handout Instructions</i>	138
Enjoying the Holidays	139
Adaptive Devices to Make Life Easier Handout Instructions	140
Adaptive Devices to Make Life Easier	141
Flare-ups and Relapse Worksheet Handout Instructions	144
Flare-ups and Relapse	145
Flare-ups Action Plan Worksheet	146
Complacency and Inertia – What Does It Look Like?	147
SECTION 6 FAMILY AND SOCIAL INTERACTIONS	149
Living with Someone with Chronic Pain	150
Families – The Unidentified Clients	152
Assessing for Family Issues	154
Children Who Have Parents in Pain	156
Feel Left Out? Handout Instructions	158
Feel Left Out?	159
What You Can Do to Help Handout Instructions	160
What You Can Do to Help	161
Intimacy and Sexual Relationship Handout Instructions	162
Intimacy and Sexual Relationship	163
The Emotional Aspect of Disability and Chronic Pain	165
Tips for Dealing with People in Chronic Pain	167
SECTION 7 COMPLEMENTARY AND ALTERNATIVE TREATMENTS	169
Complementary and Alternative Treatments	171
What is CAM? (NIH NCCAM)	172
Mind-Body Medicine: An Overview (NIH NCCAM)	177
Nutrition Services	183
Herbal Medicine Therapy for People Suffering with Chronic Pain	185
Acupuncture for Pain	186
Massage Therapy	188
Biofeedback and Neurofeedback Treatment for Chronic Pain	190
Reiki	192
Choosing an Appropriate Yoga Class for People Living in Chronic Pain	193
The Feldenkrais Method and Chronic Pain	196
EMDR – Eye Movement Desensitization Reprocessing	200
Art Therapy and Pain Manual Physical Thomas and the Treatment of Pain	203
Manual Physical Therapy and the Treatment of Pain	207
Physical Therapy and Chronic Pain: A Review of the Literature	210
SECTION 8 THE PAIN CONNECTION SUPPORT GROUP MODEL	215
Colleen	216
The Chronic Pain Support Group Process	217
Group Leader Responsibilities Handout Instructions	221

Group Leader Responsibilities	222
Group Rules Handout Instructions	223
Group Rules	224
Chronic Pain Support Group Topics Handout Instructions	225
Chronic Pain Support Group Topics	226
BIBLIOGRAPHY AND RESOURCES	229
References/Bibliography	231
Resources	242
Organizations/Associations	243
APPENDIX	255
Chronic Pain Post-Test	257
Statistics	258
About the Authors	259