

“Perhaps the greatest therapeutic challenge regarding pain management is the obstacle posed by our culture’s promotion of the patient as a passive recipient of diagnosis, treatment and cure.” ~Beverly Thorn

CHRONIC PAIN THERAPY GROUPS

Therapy Groups focusing on Chronic Pain

- ◎ Cognitive-Behavioral Therapy Group
 - One-Size-Fits-All Treatment focusing on teaching behavioral modification techniques to reduce suffering associated with pain
- ◎ Cognitive Therapy Group
 - Focus on cognitive distortions that limit ability to follow through CBT interventions
- ◎ Dialectical Behavior Therapy Group
 - Focusing on treatment interfering behavior

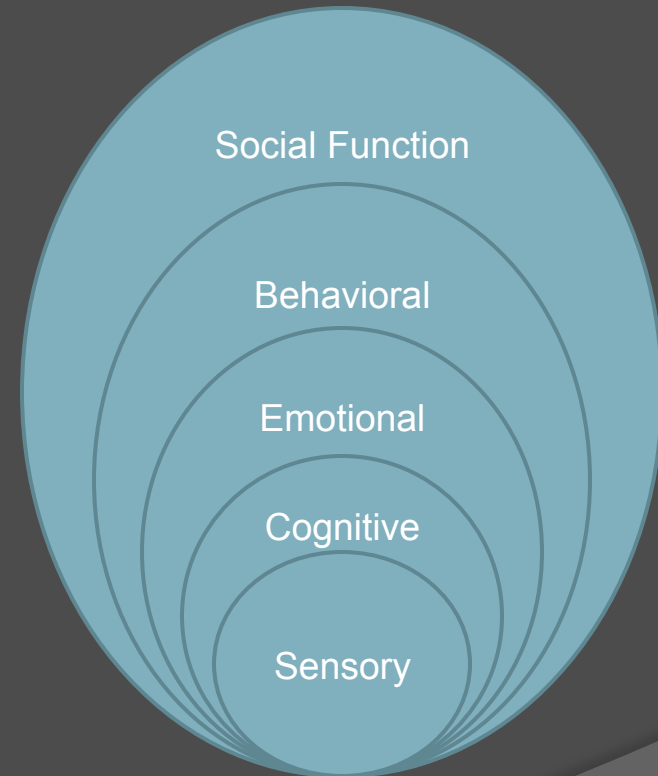
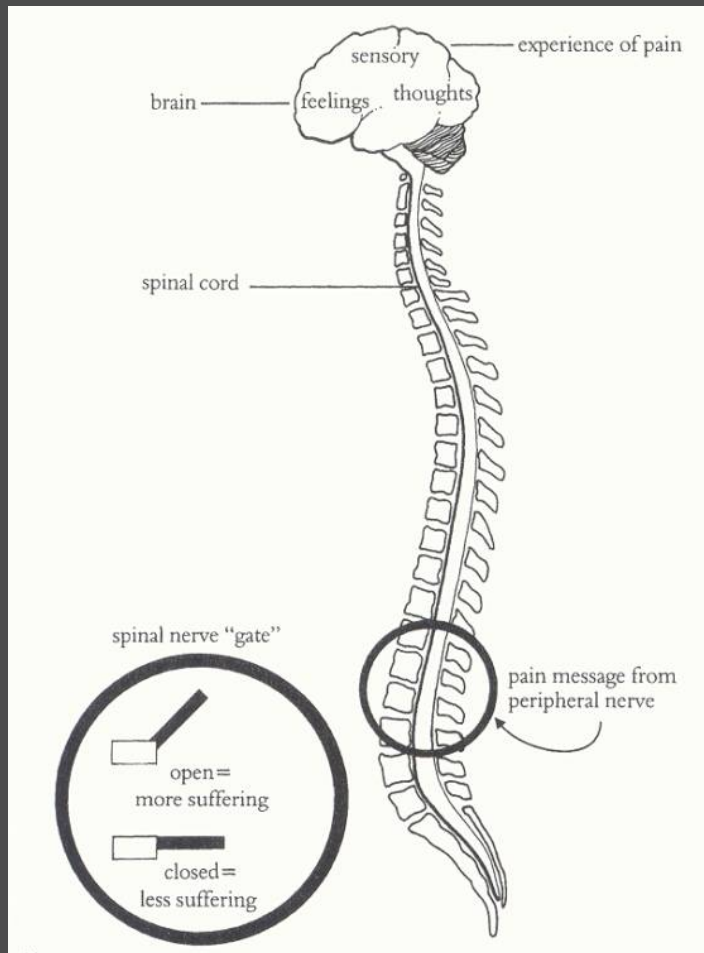
Chronic Pain Group Resources

- “Managing Chronic Pain: A Cognitive Therapy Approach,” by John D. Otis, PhD.
- “Cognitive Therapy for Chronic Pain,” by Beverly Thorn, PhD
- “Dialectical Behavior Therapy in Clinical Practice,” Linda Dimeff, PhD and Kelly Koerner, PhD

Cognitive-Behavioral Therapy Group Sessions Outline

- Education on Chronic Pain
- Pain Gate Control Theory
- Relaxation Techniques Training
- Cognitive Restructuring
- Stress Management
- Time-Based Activity Pacing
- Anger Management
- Sleep Hygiene
- Relapse Prevention

Gate Control Theory



Relaxation techniques

- ⦿ Diaphragmatic Breathing
 - Stress can cause short, shallow, breaths
 - Teaching to breath from the diaphragm
- ⦿ Progressive Muscle Relaxation
 - Building awareness of muscle tension
 - Tensing and releasing process
- ⦿ Guided Imagery

Cognitive Restructuring

- Building awareness to link between cognitions and behavior
 - Identifying automatic thoughts
 - Identifying emotional response
 - Identifying cognitive errors
- Restructuring toward more positive thoughts:
The ABC Model
 - Activating Event
 - Beliefs
 - Consequences – Emotional, Physical, Behavioral

Adaptations of Behavioral Interventions for Homeless

◎ SEE the Difference

- Sleep Hygiene – focus on achievable goals
- Eating – Resource planning
- Exercise – Developing exercise regimes within activity pacing plan that meet lifestyle

◎ Medication Adherence Support

◎ Developing communication skills

- How to talk about pain?
- Managing time with your medical provider

Cognitive Therapy Research

- Research suggests that treatment focusing on Cognitive distortions can improve outcomes over CBT alone
 - Decrease depression symptoms
 - Decrease irritability
 - Increase positive self-evaluation
- Clinical experience suggest CT can enhance CBT by focusing on cognitive distortions

Cognitive Therapy Group

- Use of cognitive assessment tools as part of treatment
 - e.g. Dysfunctional Attitude Scale (DAS-24), Pain Appraisal Inventory (PAI), ect...
- Stress-Appraisal-Coping Model
 - Threat – ability to cope with pain greatly compromised
 - Harm/ loss – less motivation for change
 - Challenge – stronger motivation for changing behavior to better cope with pain

Intensive Service Population

- ⦿ Identified behavior that interferes with treatment
 - Substance Abuse related behavior
 - Drug Diversion (use of drugs other than intended)
 - Intoxication seeking
 - Cognitive impairment or dementia
 - Personality disorder traits
 - Liable emotional response
 - Splitting
 - Para suicidal gestures

Dialectical Behavior Therapy

- Evidence-based treatment for decreasing symptoms associated with personality disorders
- Evidence-based treatment with substance abuse
- Focused treatment on decreasing treatment interfering behavior
- Focus on distress tolerance skills related to dealing with pain.

Dialectical Behavior Therapy Groups

- ① Developing specific coping skills
 - Mindfulness Skills
 - Emotional Regulation skills
 - Distress Tolerance
 - Radical Acceptance
 - Interpersonal Relationship skills
- ① Developing plans for treatment
‘Butterflies’
- ① Creating a Validating Environment

Conclusion

- Chronic Pain Groups are designed to empower patients to take a more active role in their treatment beyond medications
- Develop stronger support systems within groups
- Help take the burden off the shoulders of Primary Care Providers for managing difficult chronic pain issues