Pain-Management Coaching: Integrative and Complementary Strategies for Complicated Pain

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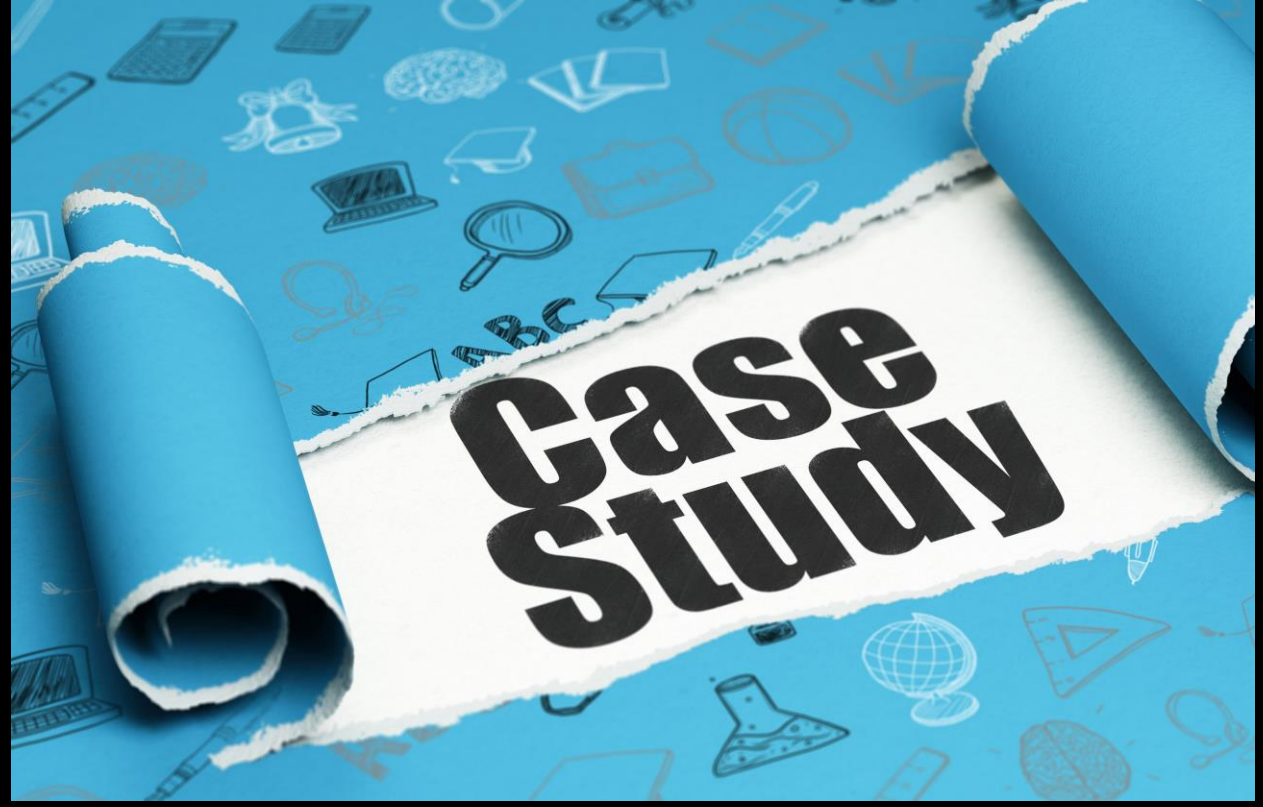
Learning Objectives

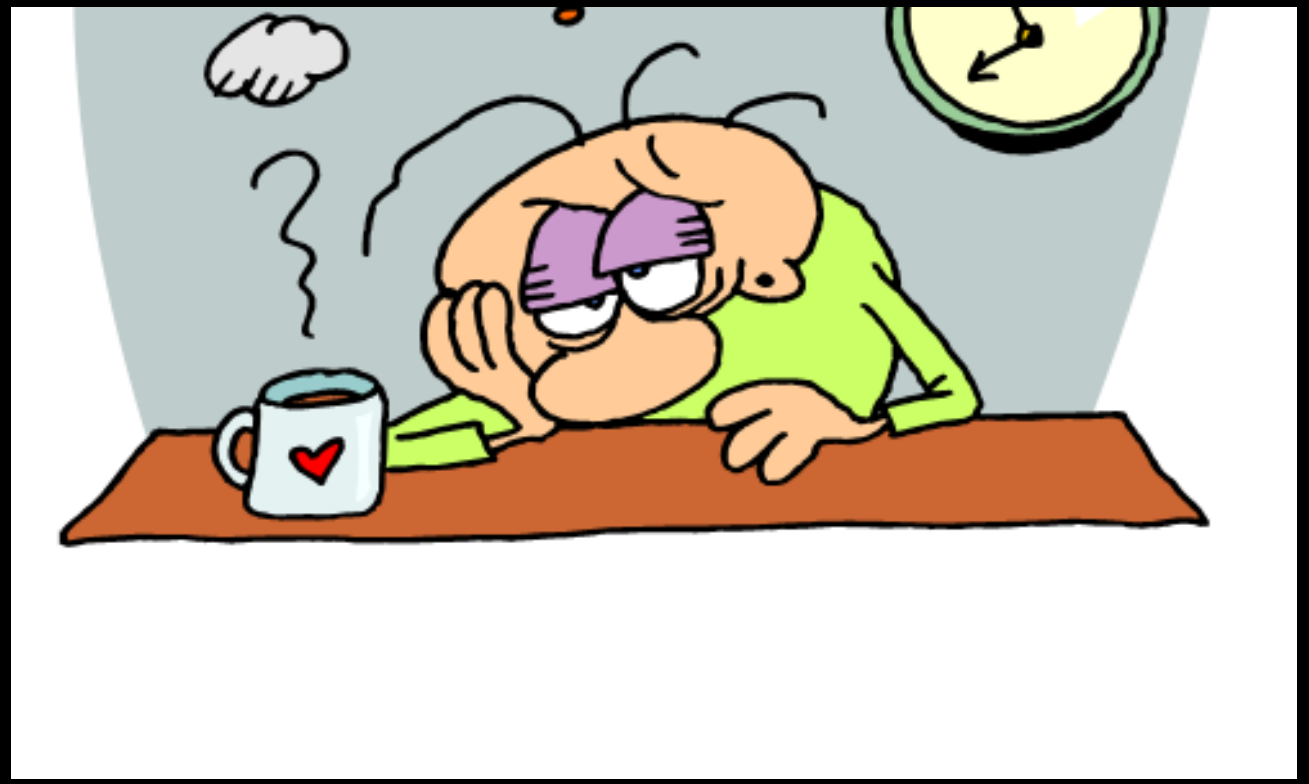
- Learn how coaching establishes restorative partnerships with patients
- Identify several contributing factors to non-functionality and how techniques used in pain management coaching increase compliance and functionality.
- Learn positive effects of groups in pain management



- 58 year old male
- Degenerative disc disorder with multiple surgeries, to repair fractures after an accident
- 15 years
- Unhealthy coping skills

- Feels worthless
- Limited
- Loss of freedom
- “Every step hurts”
- Dependence

- Low self-efficacy
- Low self-confidence
- Depression
- Lack of hope
- Pain anticipation
- Negative automatic thoughts
- Limited exercise
- Increased tobacco use

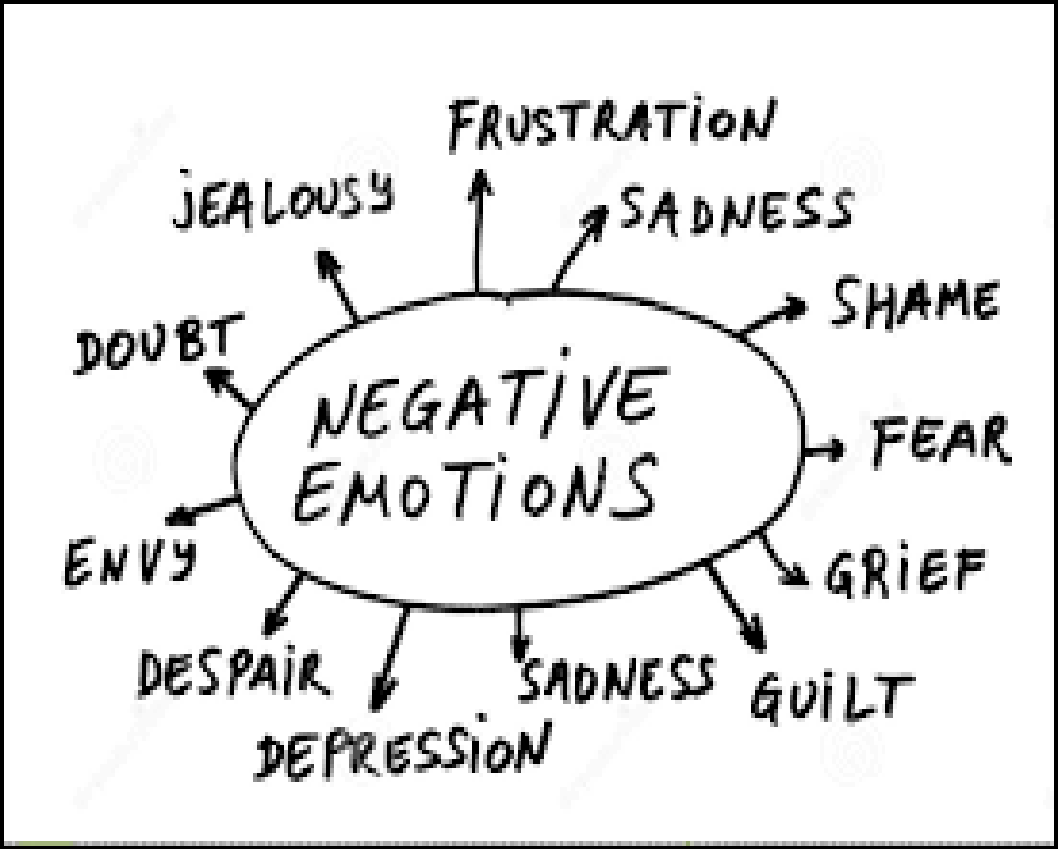


http://macularhope.org/natural-remedies-chronic-fatigue/

Pain-Management Coaching

- One-year program
- Monthly goals and assessment of progress
- Assessments
- Individual Coaching
- Group Coaching Tele-Classes
- Education and Motivational Materials

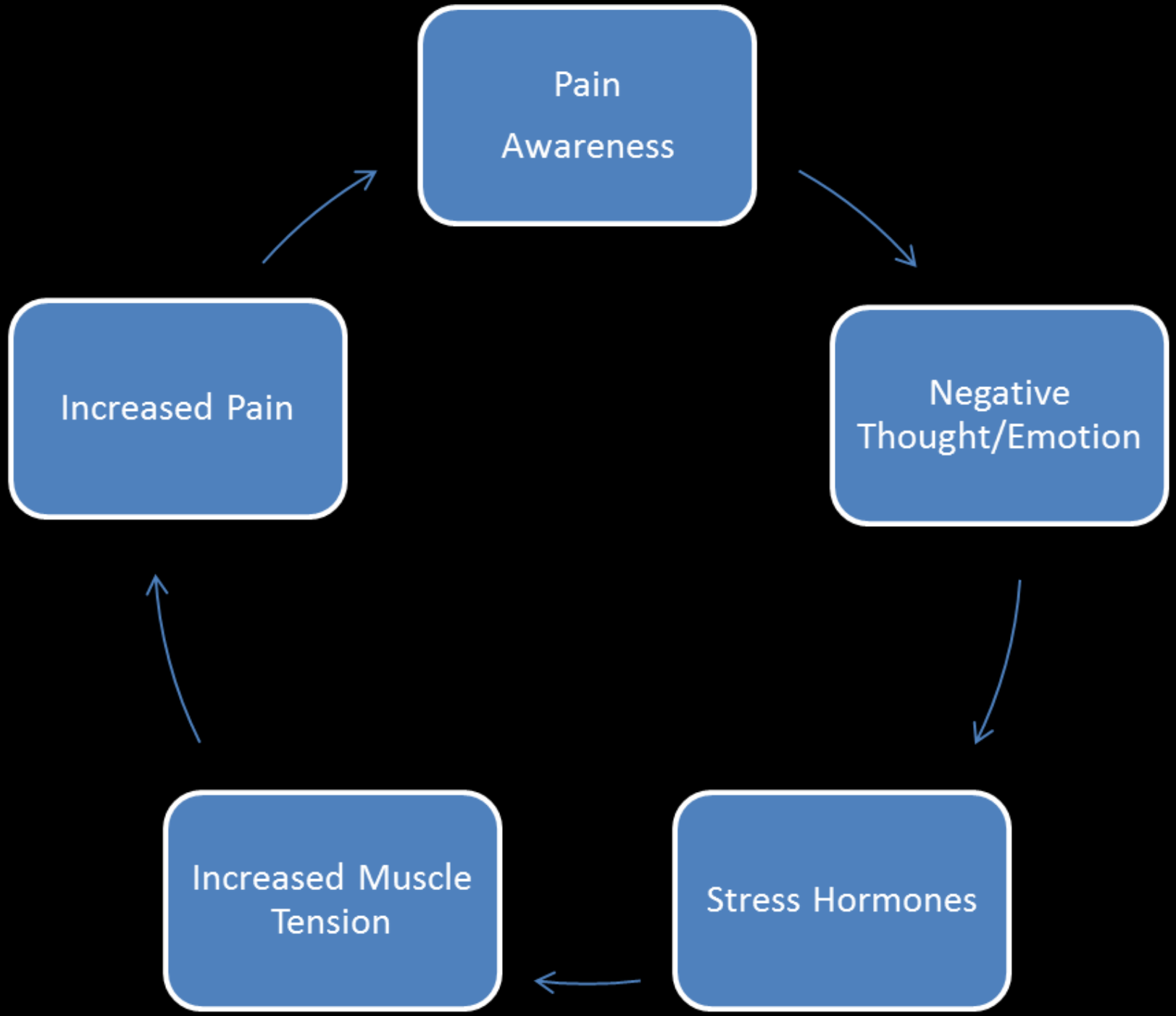
- “I smoke because I can’t do anything else”
- Pain anticipation – I can’t work around the house

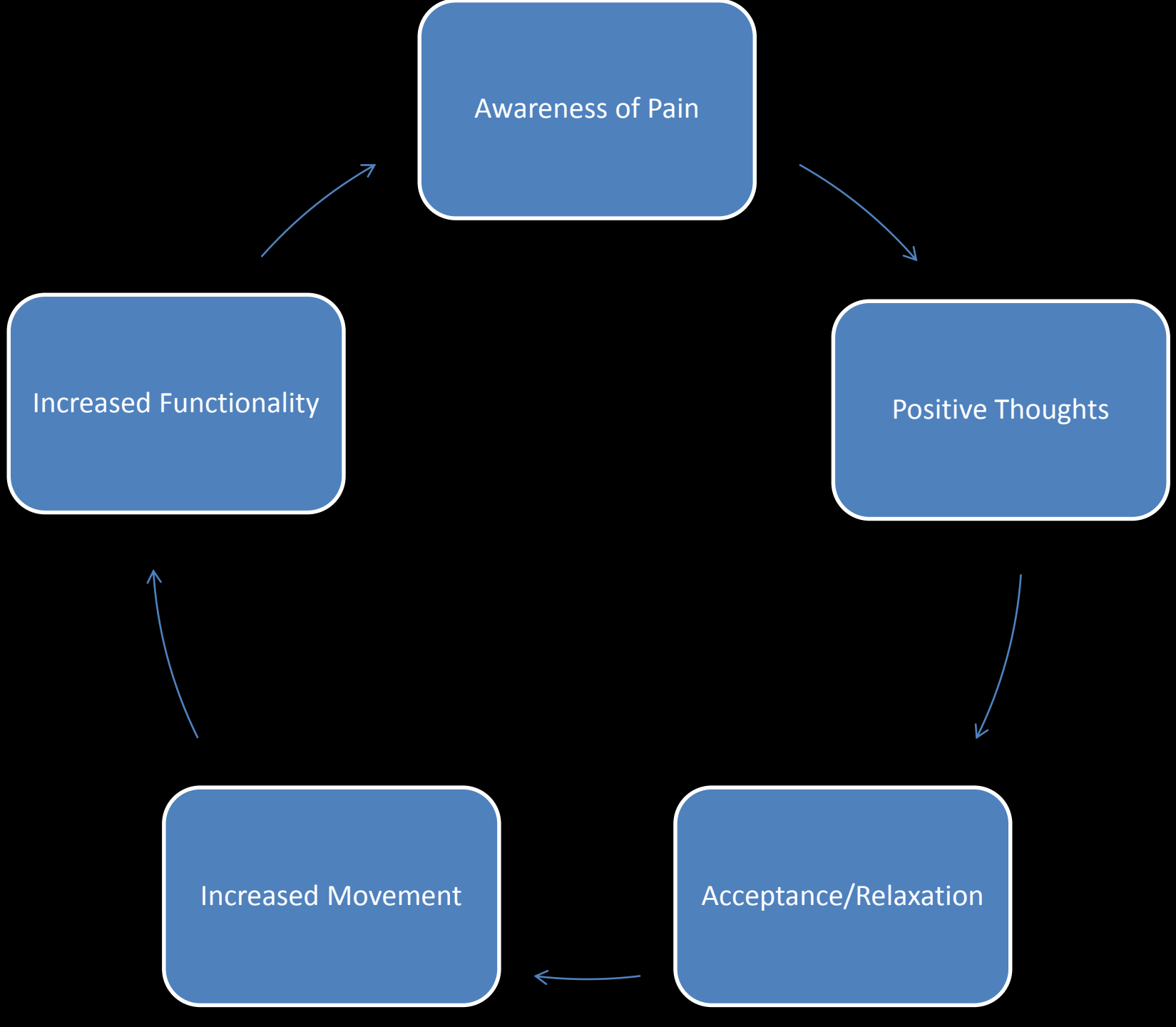


Scientists now understand that processing (feeling) pain utilizes different areas in the brain than anticipating pain. Functional Magnetic Resonance Imaging (fMRI) allows researchers to see the processing of pain in real time. As the level of expected pain increases, the regions of the brain where pain is processed become more active. It also becomes evident that the patient's mental "picture" of an impending sensory event shapes the neural response.


What we focus on
we empower
and enlarge

- “I miss a lot of church activities. I’m always in pain.”
- “I am embarrassed to ask for help”
- “I am anxious and worry about the future, how can I take care of my mother”
- “I don’t have the energy to play with my grandkids”
- “All I do is sit and smoke”
- “I can’t remember the last day I felt useful”


Pain
Awareness
Negative
Thought/Emotion
Stress Hormones
Increased Muscle
Tension
Increased Pain


Awareness of Pain
Positive Thoughts
Acceptance/Relaxation
Increased Movement
Increased Functionality

Tools for Starting

- Automatic Thoughts
- First Goal: “I will work for 10 minutes, and rest for 5”
- What lifestyle changes might benefit me?

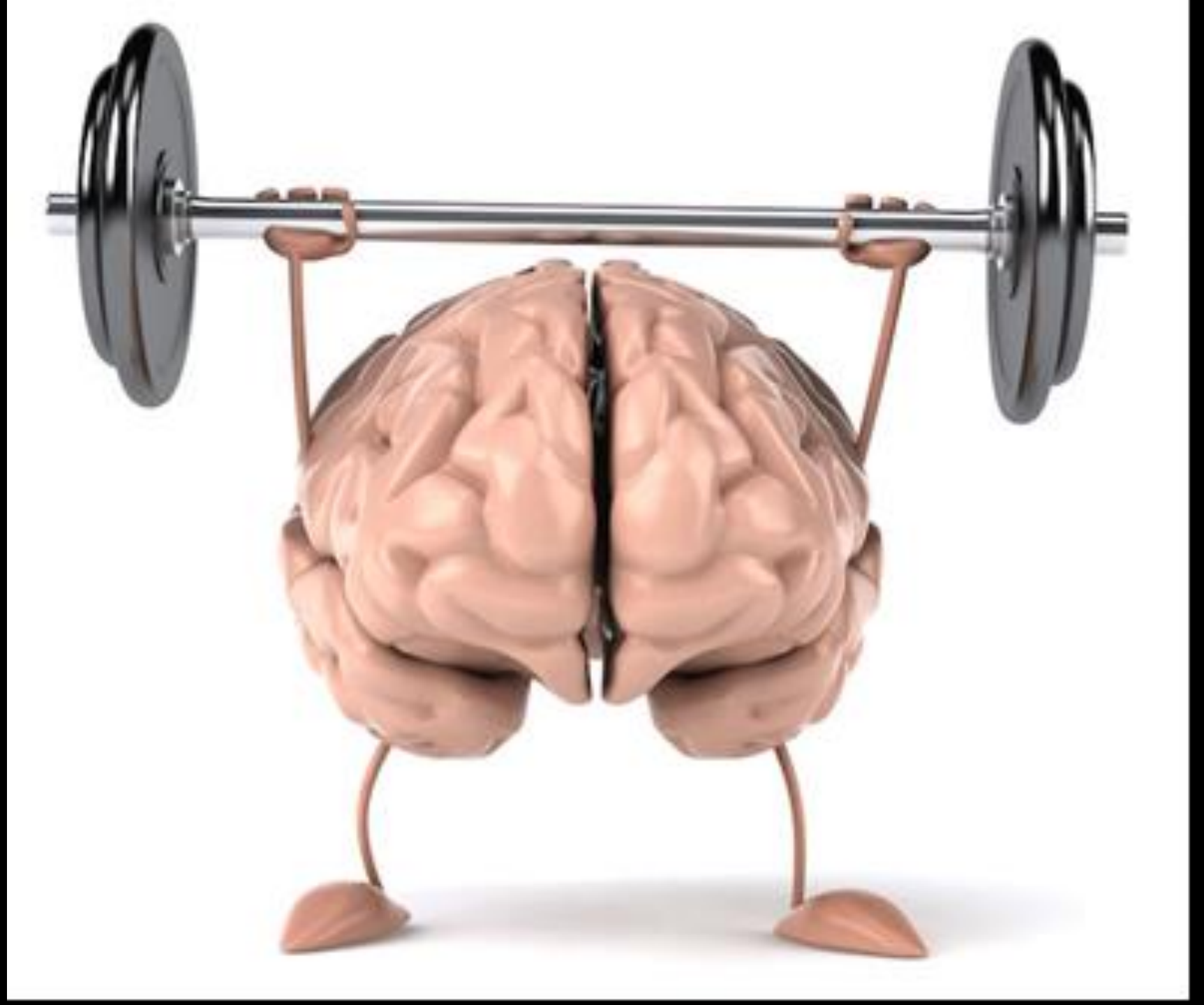
Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same.

- Francesca Reigler

Neuroscientists believe the best way to alter our feelings is to ask questions – positive questions such as what am I thankful for? and what am I excited about? In this way the limbic system is flooded with positive anticipation that induces a positive emotional state.

“The notion of brain plasticity is fundamental to new developments in pain management. There is recognition that the same neuronal changeability that contributes to the persistence of pain could potentially allow its resolution. Evidence suggests that **‘focused attention’** can increase neuronal plasticity and hence be used to positively reprogram brain pathways.”

Lifestyle Medicine, managing Diseases of Lifestyle in the 21st Century, Second Edition Gary Egger/Andrew Binns/Stephen Rossner, McGraw-Hill, Australia, 2011, page 259



“I didn’t know that at my age I can work on my brain!”

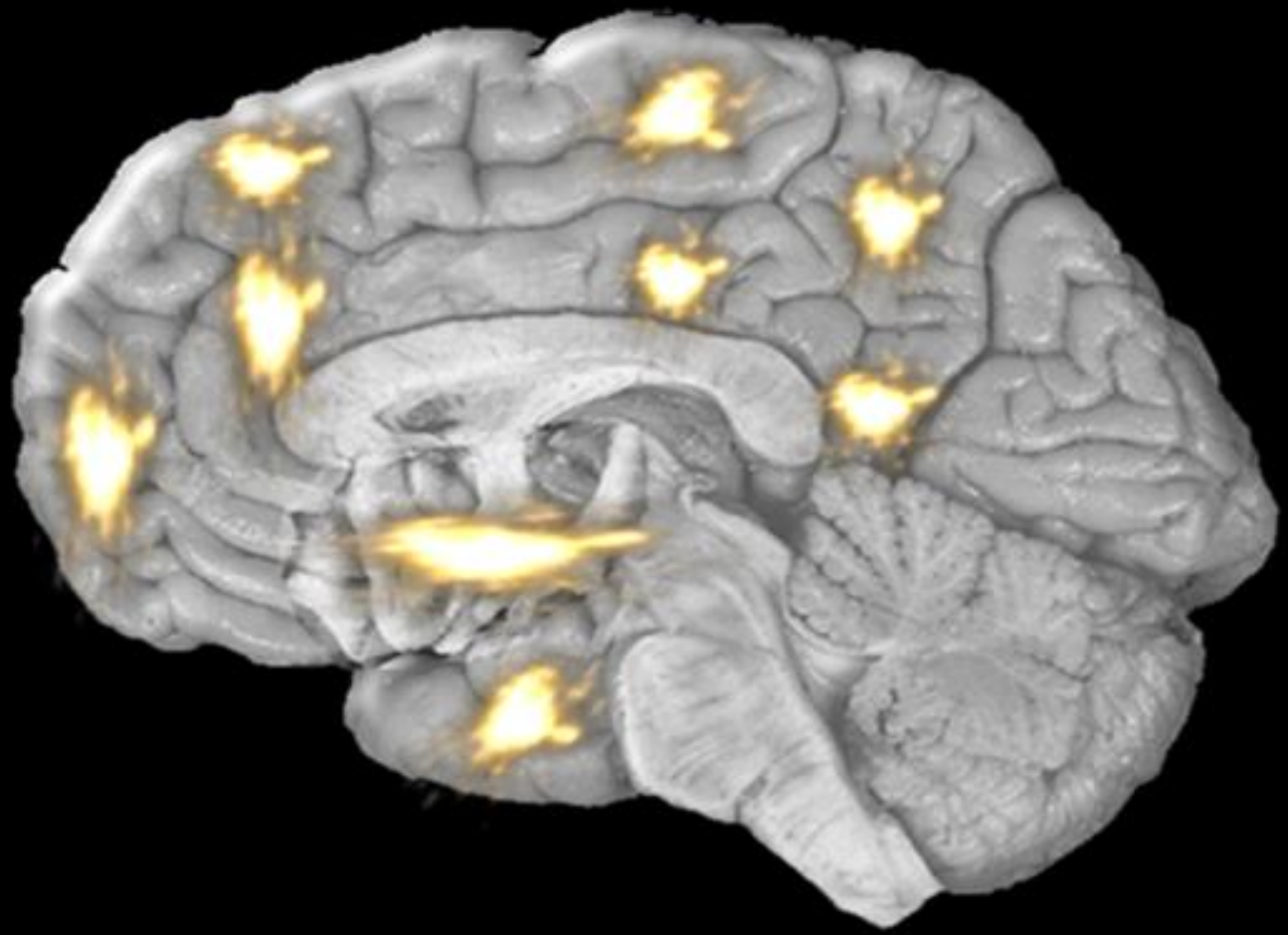
Second week goals:

- I will go to church on Sunday
- I will work on redirection of my negative thoughts
- I will use a cinnamon stick for the hand to mouth routine of smoking.

The Brain Learns Pain:

- 5% of nerve cells are normally dedicated to pain processing
- Chronic pain expands this to 15-25% of the cells
- The process of repetition reinforces the strengthening of brain pathways.
- This causes anatomical changes in the brain

Michael H. Moskowitz, MD, Marla Golden, DO, Neuroplasticity: Changing the Brain in Pain, Vol. 1, No. 1, April 2010, http://www.neuroplastictransformation.com/sites/default/files/Brain%20Training%20Newslestter%202.pdf, (accessed April 2012).

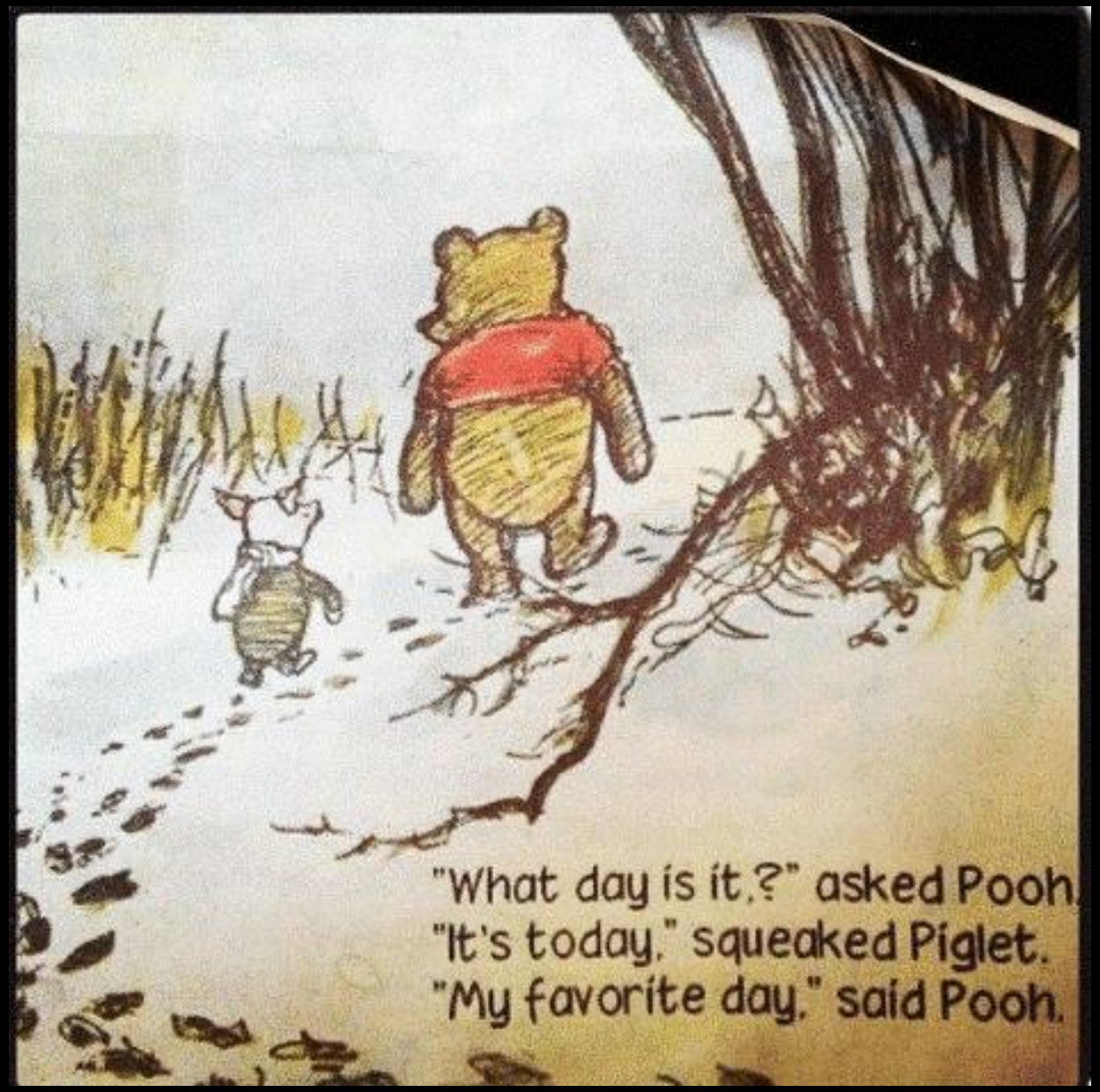


Self-compassion, along with other mindfulness practices, actually changes the function of the brain. The results include emotional balance, decreased worry, and deactivation of the threat system often seen by individuals who have become hypersensitive to everyday stressors.

Tang Y-Y, Hölzel BK, Posner MI. The neuroscience of mindfulness meditation. Nat Rev Neurosci 2015; 16:213–225. Retrieved from

http://www.medscape.com/viewarticle/856069

Neff K., Dahm K. "Self-Compassion: What It Is, What It Does, and How It Relates to Mindfulness," (p 8). Retrieved from http://selfcompassion.org/wp-content/uploads/publications/Mindfulness_and_SC_chapter_in_press.pdf, 4/20/16.



"Lifestyle change takes a long time. I am starting to think about my tools and how much better I feel now that I have quit smoking."

"My pain is in the back seat now, I'm driving the car"

How is group coaching different from individual coaching?

- Allows patients to not feel alone
- Builds self confidence
- Education

“…Adults learn best when they are provided with opportunity to discover knowledge and insights for themselves. Coaching rests on this premise of discovery for self, with the client having the expertise and answers.”

Jennifer Britton, Effective Group Coaching, 2010

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