

# Comprehensive Telephonic Pain Self-Management Coaching Program



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*Work Related Injuries Workshop  
April 30<sup>th</sup> & May 1<sup>st</sup>, 2018*



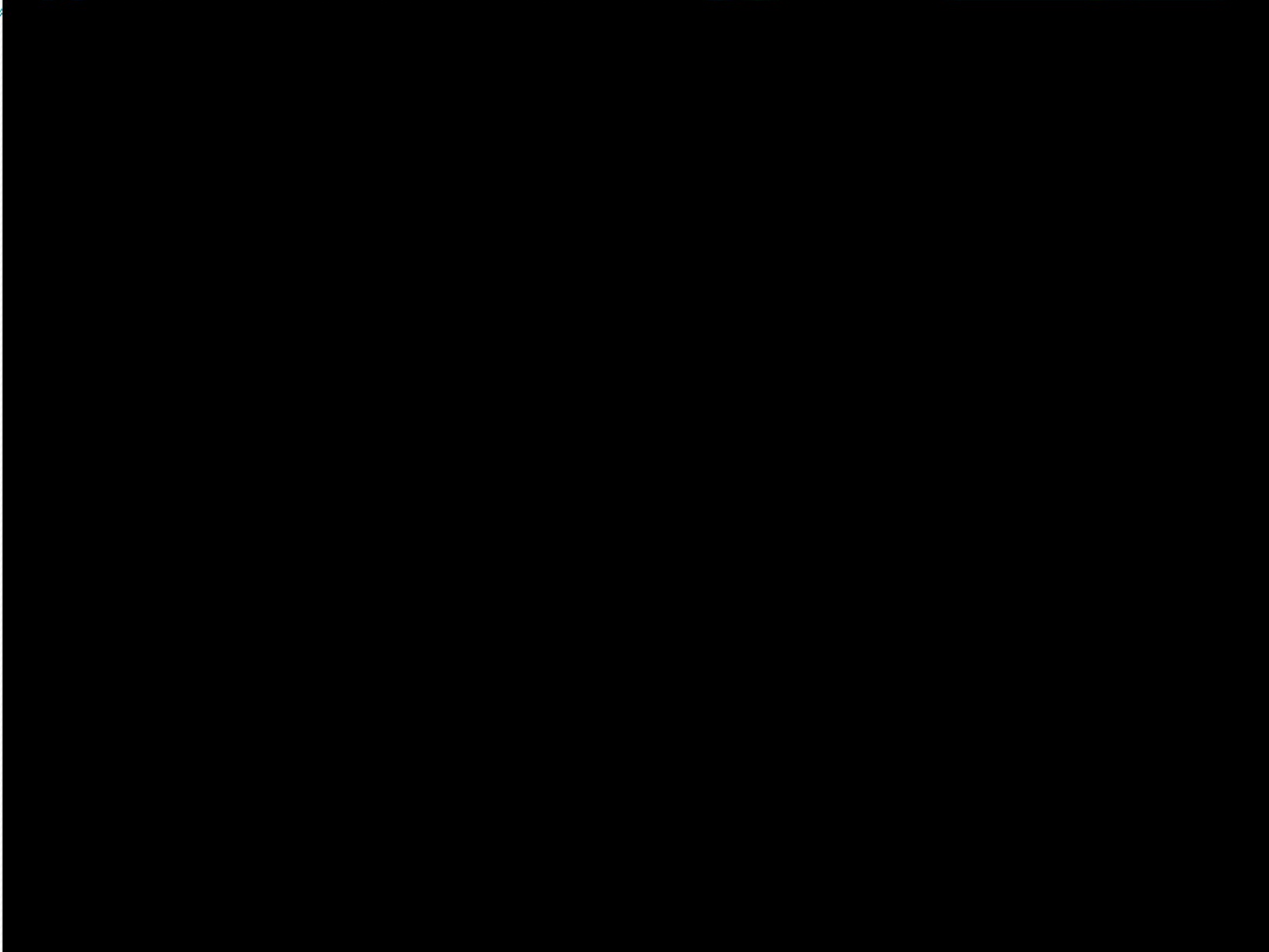


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# MMI

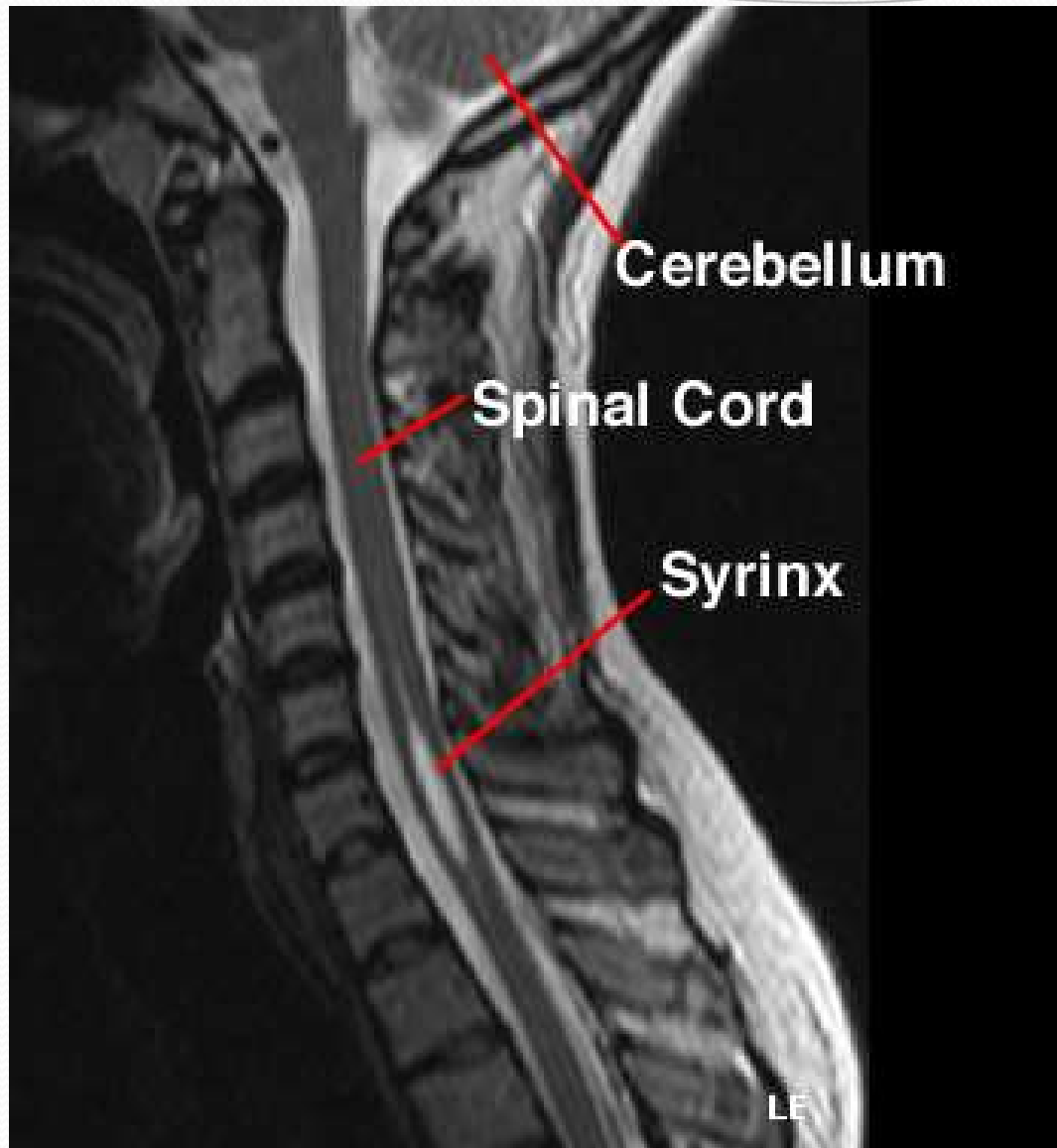
- Surgeries done
- Tissue healed
- Out of wheelchair
- Off pain-meds
- Back to work
- Life is good





**NOPE!!!!!!!**









# Case Study


- 42 year old Female
- Degenerative disc disorder with spondylolisthesis
- Symptomatic for 8 years
- Anxious
- Limited
- Loss of freedom
- “I’m in agony”
- Dependence

# Pain-Management Coaching

- One-year program
- Stages of change takes a long time. Rushing to change causes people to fail. Can't push people to action. Time is needed to progress through stages of change.
- Weekly and 3 month goals
- Visioning--gives them a dream again. Didn't have one in their opioid induced fog. We use strengths and values and past acceptance to find intrinsic motivation
- Assessments are double edged sword. Gives us an idea where they are and their progress, but at the same time assessments takes them back to the pain and out of solutions.
- Individual Coaching. We use MI, cognitive self determination theory, CBT and many other coaching theories.
- Group Coaching-- pain education and moving out of isolation

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- “I inhibit myself with negative thoughts.”
  - Pain anticipation





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.

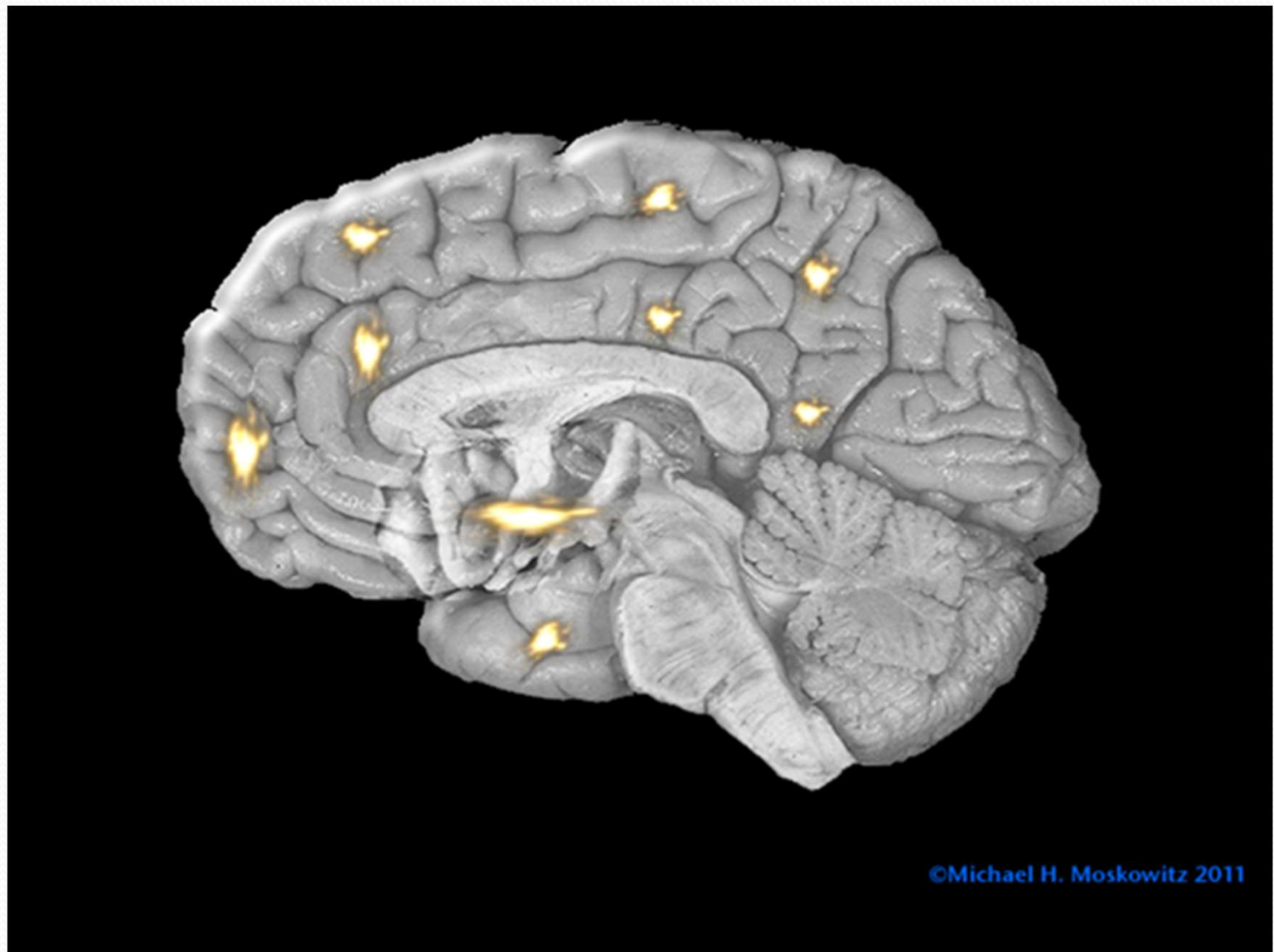
A detailed illustration of a neural network. The background is dark blue. Numerous neurons are depicted, each with a central cell body and multiple branching processes. Some of these processes are highlighted with bright, glowing red and white light, suggesting electrical activity or signal transmission. The overall effect is one of a complex, interconnected system.

What we focus on  
we empower  
and enlarge

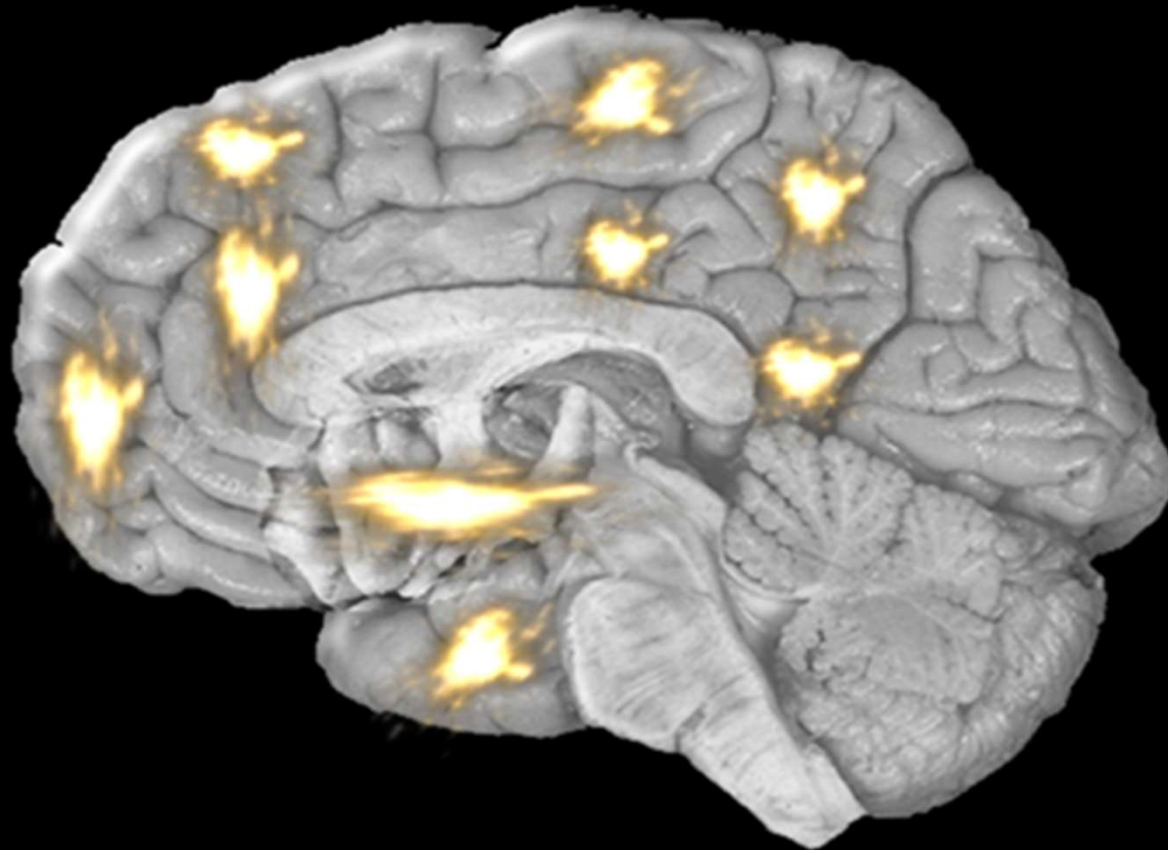
# The Brain Learns Pain:

- 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%20Newslester%202.pdf>, (accessed April 2012).




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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.



# Tools for Starting

- Automatic Thoughts
- Gratitude
- First Goal:
- “I will take stock of my negative attitude.”



“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 21<sup>st</sup> Century, Second Edition Gary Egger/Andrew Binns/Stephen Rossner, McGraw-Hill, Australia, 2011, page 259






“I didn’t know you can rebuild neuronal pathways!”

2nd week goals:

- Deep Breathing 3 times per day with phone reminder.
- I will use all my senses to be more present
- I will work on mindfulness and redirection of my negative thoughts.




“The longer we have been negative, angry and passive, the more brain change we will need to make. Because of the plasticity in our brain, **everything is reversible**.  
“In the same way that muscles and joints can be made more healthy and robust, so too can the homunculus arrangements in your brain.”

Explain Pain, Butler, Moseley, NOIgroup Publishing, Australia, 2003, pg 76







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](http://selfcompassion.org/wp-content/uploads/publications/Mindfulness_and_SC_chapter_in_press.pdf), 4/20/16.



# How to Know Who is Appropriate for Pain-Management Coaching

- English/Spanish
- Chronic Pain
- Have access to a telephone





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