

## **Group Program Outline – Chronic Pain Self-Management**

### **Session 1: Pain Education**

At the end of this session patients will have reviewed:

- What is pain and where/how is it produced
- The difference between acute and chronic pain
- The difference between pain relief and pain management
- Introduction to nociplastic pain and central sensitization of the nervous system
- Common features of chronic pain
- How personal context can influence pain
- How sensitivity to pain can be changed

### **Session 2: Activity Pacing and Planning**

At the end of this session patients will have reviewed:

- How chronic pain interferes with activity
- What is activity pacing and why is it important for managing chronic pain
- What is a flare-up and strategies to both minimize and manage a flare-up
- What is graded/gradual exposure to activity
- Energy Conservation Strategies

### **Session 3: Cognitive Strategies and Mindful Awareness**

At the end of this session patients will have reviewed:

- How thoughts and emotions impact pain
- How to identify common thinking traps
- What happens when we get 'hooked' by our thoughts
- What is mindfulness and why is it important for pain self-management

#### **Session 4: Values and Goal Setting**

At the end of this session patients will have reviewed:

- Types of Goals (Emotional, Outcome, Action)
- Why values are important for chronic disease self-management
- How values influence goals and goal setting
- What is 'Action Planning' and how to incorporate it into daily life
- How to set goals and work towards them i.e. SMART Goals

#### **Session 5: Relationships and Communication**

At the end of this session patients will have reviewed:

- How chronic pain may impact our relationships.
- Different types of communication styles and how they relate to chronic pain.
- Consider what it means to be assertive and skills to achieve assertive communication.
- Introduction to strategies to improve communication.

#### **Session 6: Physical Activity and Movement**

At the end of this session patients will have reviewed:

- The importance of movement in chronic pain and overcoming barrier to movement challenges.
- What you should expect when increasing activity/movement.
- Strategies for how to start to increase movement.
- How implementing mindfulness can be helpful in introducing movement.

#### **Session 7: Medication Management**

At the end of this session patients will have reviewed:

- The 'Pain vs. Function' balance and the role of medication
- How medication can be used for pain relief
- Ways to take control of your medication options and how to communicate effectively with your health care providers about your medications