

Informed Consent for Pain Treatment Groups

Description of the Groups

- The purpose of these groups is to develop skills and strategies to manage and decrease pain.
- The groups are based on cognitive-behavioural treatment which focuses on changing thinking and behavioural responses to pain.
- The groups involve listening and learning, developing skills and strategies, group discussion, and completion of take home assignments.
- Each group will consist of the same group members who will meet for a fixed number of sessions.

Possible Risks of the Groups

- You may experience temporary negative emotions such as stress, anxiety, anger or sadness as you become more aware of pain patterns and the impact of pain on your life. This typically resolves as you develop pain coping skills and strategies.

Possible Benefits of the Groups

- Improved function, improved mood, and decreased pain
- Increased understanding of pain that may lead to a better ability to manage and reduce pain
- Increased number and type of pain management skills and strategies which can lead to a sense of being in more control of the pain experience
- Improved stress management, communication, and relationships
- Increased awareness that you are not alone with the pain which may lead to a sense of feeling supported by others who understand chronic pain
- A sense of accomplishment from participating in the group

Limits to Confidentiality

- The group leader shares information about you with your team
- Information you share in the group is not confidential if you are planning to imminently harm yourself or someone else
- If you talk about a child or dependent adult being abused or neglected
- If a court of law requests your records by subpoena
- You must sign a consent form to release your health information to a third party (e.g., short term and long term disability, AISH application, etc.)
- If you have an active WCB claim, and the WCB is funding your CPC program, you have already consented to releasing information about your care to the WCB and no further written consent is required

Alternatives to the Optional Groups

- Continue treatment with your family doctor
- Participation in a community program (such as *Alberta Healthy Living Program*: 403-9-HEALTH)
- Wait for an individual assessment with a provider at the Chronic Pain Centre

Consequences of not attending Explaining Pain and Treatment Planning Workshop

- As you know from your letter from the Chronic Pain Centre or your Intake Interview, these groups are your first step to treatment here.
- If you choose not to attend these two groups, your referral to the program will be closed. You have the option of a telephone consult between your family doctor and one of our pain physicians before your referral is closed.

Emergency or Crisis Services

- We do not provide emergency or crisis services at the Chronic Pain Centre. If you are experiencing a medical emergency please call 911 or go to the nearest emergency department. If you are experiencing a mental health crisis please call the distress line 403-266-4357 or go to the nearest emergency department.

Any questions about this information?

**If you choose to stay in this group, you have consented to this treatment.
If you leave the group, you have not consented.**