

Exploring Chronic Pain and the CPC

Our Understanding of the Neuroscience of Pain

- We invite you to explore some of the latest knowledge of pain neuroscience and what people can do to change their pain
- Some resources are international while others were developed by Chronic Pain Centre (CPC) staff

Experts on Pain Neuroscience

- [Tame the Beast](#)
- [Pain Revolution](#)
- [Treating Pain Using the Brain](#)
- [Getting a Grip on Pain and the Brain](#)
- [Pain: Is it All in Your Mind?](#)
- [Understanding Pain in less than 5 minutes, and what to do about it!](#)

Chronic Pain Centre Videos

1. What is Pain Neuroscience? (<https://youtu.be/BrNZ1bXizDc>)
2. Relationship between Pain and Damage to our Bodies (<https://youtu.be/sK0yoljbFDc>)
3. Why Your Pain is Variable (https://youtu.be/ehXmFy_1ff4)
4. How Does Pain Change the Body (<https://youtu.be/qapc-q83O30>)
5. Practical Pain Neuroscience (https://youtu.be/L_5s8Oey6Q8)

Trusted Pain Websites

- [Chronic Pain Centre](#)
A one-year interdisciplinary program to help people change their pain
- [Pain Society of Alberta](#)
A group of multidisciplinary professionals committed to the study, treatment and management of pain
- [Pain BC](#)
Goal is to enhance the well-being of all people living with pain through empowerment, care, education and innovation
- [Retrain Pain Foundation](#)
Resources to help people self manage persistent pain (available in many languages)

Other Programs

- **Alberta Healthy Living:** 403-943-2584 or [online](#)
Self referral, no cost classes for patients by zoom
 - Pain Neuroscience Education
 - Fibromyalgia: Fact and Function
 - Better Choices Better Health (Chronic Pain) (a peer led workshop)