

# Exploring Chronic Pain and the CPC

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## Our Understanding of the Neuroscience of Pain

We invite you to explore 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!](#)



Please Scan Me

### 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](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](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
  - [LivePlanBe+](#)  
A program that helps you learn to make small changes that add up to big improvements in well-being
- [Retrain Pain Foundation](#)  
Resources to help people self manage persistent pain (available in many languages)

### Other Programs

- **Alberta Healthy Living:** 1-844-527-1160 or [online](#)  
Self-referral, no cost classes and workshops offered by Zoom
  - [Pain Neuroscience Education](#)
  - [Fibromyalgia: Fact and Function](#)
  - [Better Choices Better Health®](#) (a peer led workshop)