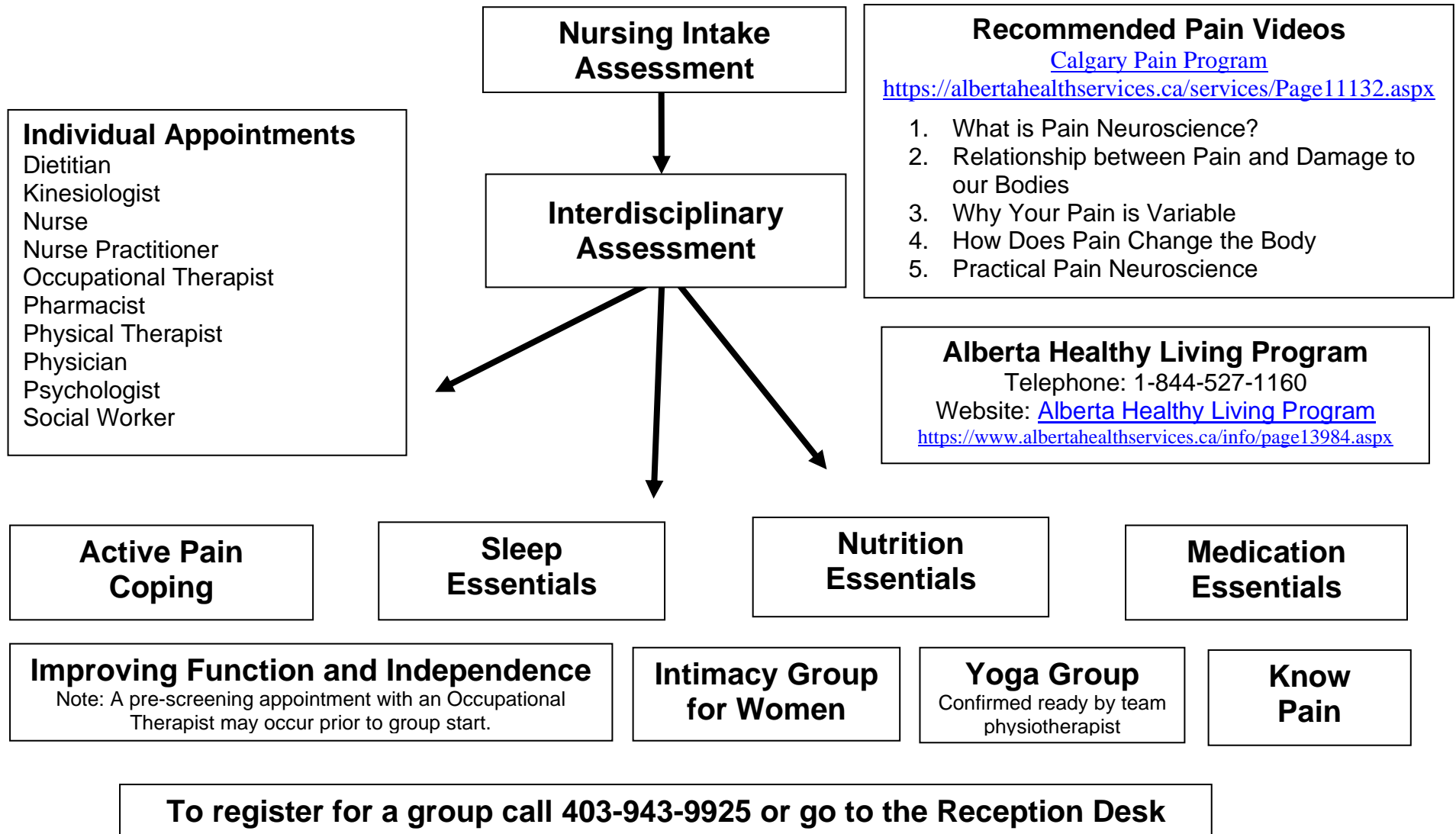


Next Steps Map



Group Descriptions

Groups are not suitable for people with severe anxiety, depression, or suicidal thoughts. We recommend that you ask to see a psychologist at the Chronic Pain Centre. Please speak with a group leader or team member who can make a referral for you.

The following four treatment groups offer essential evidence-based information and strategies with the goal of reducing pain and improving quality of life. These groups are a key to success in the program. The majority of people are suitable for and can benefit from attending these groups:

Active Pain Coping: Cognitive-Behavioural Treatment (CBT) for Chronic Pain

When: 8 Weeks, 2 hour session each week

Taught by: Occupational Therapist, Psychologist, or Social Worker

Content Goals:

- Understand the impact of pain on quality of life and what to do about it
- Learn cognitive-behavioural treatment strategies for managing chronic pain
- Practice the Big 5 Skills: Self-monitoring, pacing, relaxation, self-talk, and communication
- Develop a daily coping plan and a flare-up plan for pain

Sleep Essentials: Cognitive Behavioural Treatment for Insomnia

When: 4 weeks, 2 hour session each week

Taught by: Psychologist

Content Goals:

- Learn about sleep stages, sleep drive, and causes of poor sleep
- Explore strategies for improving sleep including stimulus control, time-in-bed restriction, lifestyle habits, relaxation and cognitive skills
- Learn how to use a daily sleep diary. Develop a daily sleep plan and relapse plan.

Nutrition Essentials

When: 4 weeks, 2 hour session each week

Taught by: Dietitian

Content Goals:

- Learn dietary strategies for managing fatigue, poor appetite, and meal skipping
- Learn about bowel health (i.e., constipation, diarrhea, irritable bowel syndrome)
- Improve understanding of hydration, glycemic control, food triggers and headaches
- Understand the impact of anti-inflammatory nutrition
- Develop skills for food preparation and meal planning

Medication Essentials

When: 2 weeks, 2 hour sessions each week

Taught by: Pharmacist

Content Goals:

- Describe the role of medications in the overall management of chronic pain

Group Descriptions

- Learn about medications used to manage chronic pain including common or serious side effects
- Explain why it is important to establish goals, create a plan for monitoring, and weigh pros and cons when starting, continuing, or stopping medications to manage chronic pain

The following groups offer a specialized focus and may appeal to a smaller number of clients:

Improving Function and Independence

When: 4 weeks, 2 hour session each week

Taught by: Occupational Therapist

Prerequisite: A 30 minute pre-screening telephone appointment with an Occupational Therapist may be conducted prior to this group to determine individual goals.

Content Goals:

- Learn about safe movement, posture and positioning options for chronic pain and apply these to your self-care, household management (e.g., cooking, cleaning, etc.) and work
- Develop strategies to manage your energy better (i.e., fatigue management) for your self-care, household management and work life, and help you find balance between your daily activities
- Review adaptive tools, equipment options, and pacing strategies to help make your home more accessible and keep it accessible for the long-term

Intimacy Group (for Women): Cognitive Behavioural Strategies for Chronic Pain and Sexual Function

Who: This group is people who identify as women, and other identities. This group is not for people who identify as men.

Prerequisite: Before the group starts, Group Reception will book a 30 minute telephone appointment with a group leader to be sure the group is a fit for you.

Please Note: This group does not address other concerns that may affect sexual function such as unresolved past sexual abuse/assault, domestic violence including verbal/emotional abuse, and significant marital conflict.

When: 4 Weeks, 2 hour session each week

Taught by: Psychologist and Physical Therapist or Kinesiologist

Please Note: This group does not address other concerns that may affect sexual function such as unresolved past sexual abuse/assault, domestic violence including verbal/emotional abuse, and significant marital conflict.

Content Goals:

- Understand the impact of pain on sexual function and what to do about it
- Learn cognitive-behavioural strategies and sex therapy strategies for managing the impact of chronic pain on sexual function

Group Descriptions

Yoga Group

When: 4 Weeks, 1 hour session each week

Taught By: Physiotherapist

Prerequisite: Participants have met with their team physiotherapist to confirm they are appropriate for the group.

Content Goals:

- Practice breathing exercises and mindful movement
- Learn a sequence of yoga poses in a variety of positions including laying down, sitting and standing

The following groups are being developed at the Chronic Pain Centre. These groups may change as they continue to be refined.

Know Pain: Unpacking Pain Neuroscience

When: Every third Wednesday of the month, 1 hour session, rotating through 5 topics

Taught By: Pharmacist, physiotherapist, psychologist

Prerequisite: Recommend you watch or review the CPC video on that month's topic

Content Goals:

- Increase understanding of essential pain concepts
- Practice exercises that demonstrate these concepts
- Learn to identify opportunities to change your pain experience
- Have an opportunity to dive deeper into the concept and how it applies, or does not apply, to you

Rotating topics are:

- What is pain neuroscience
- The relationship between pain and damage to our bodies
- Why your pain is variable
- How does pain change the body
- Practical pain neuroscience