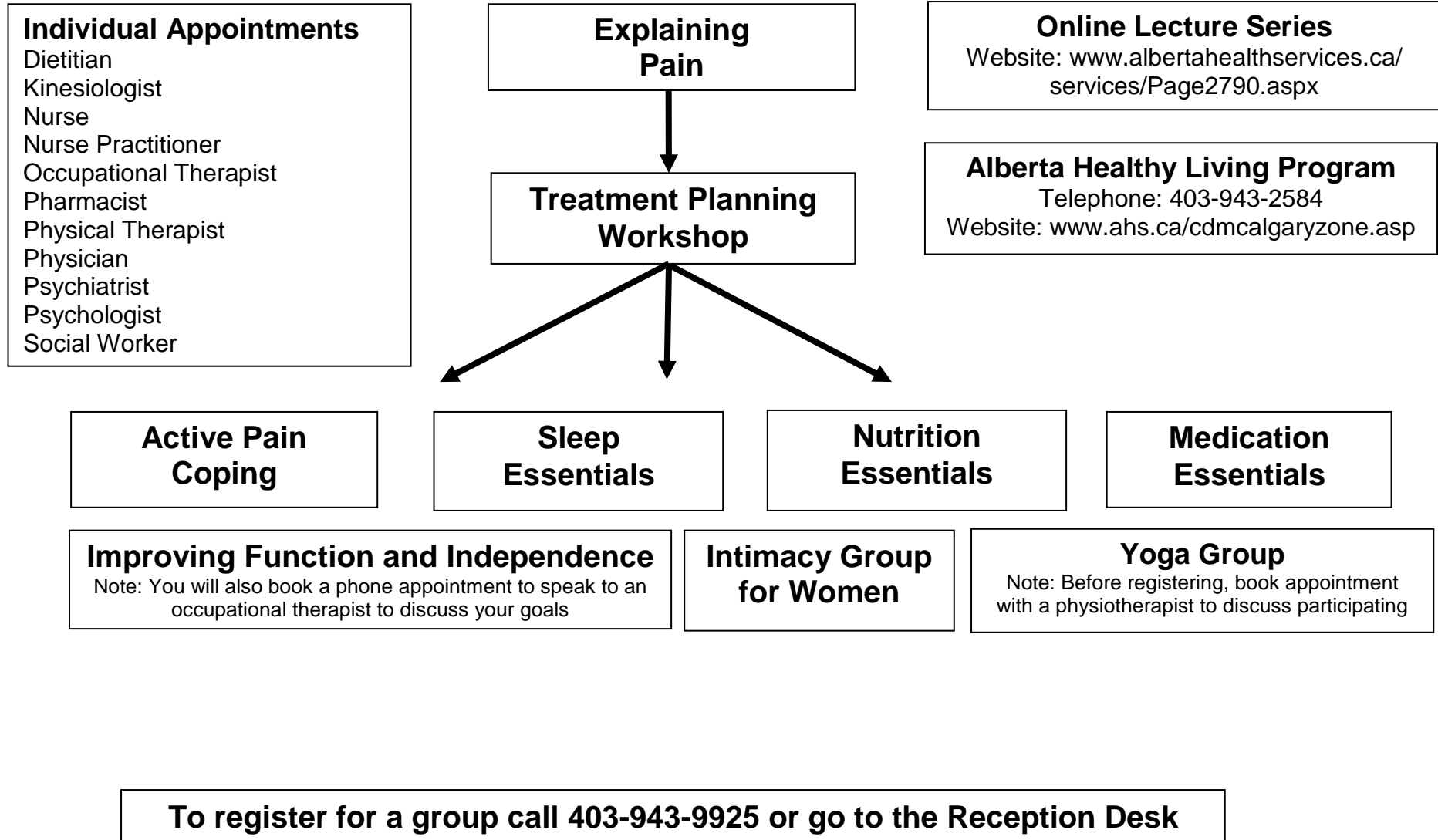


Next Steps Map



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 a team member who can make a referral for you.

The first two introductory groups are to be completed in the following order and are required before registering in the other treatment groups:

Explaining Pain

When: One 2 hour presentation

Taught by: Kinesiologist, Physical Therapist, or Psychologist

Content Goals:

- Provide current knowledge about the neurophysiology of pain and the biopsychosocial model
- Present the Protectometer and 7 categories of danger (DIMs) or safety (SIMs) messages
- Highlight the ability of our nervous system to change and either “wind-up” or “wind-down”
- Provide a brief review of strategies that can change your pain experience

Treatment Planning Workshop

When: One 2 hour session

Taught by: Occupational Therapist, Psychologist or Social Worker

Content Goals:

- Review Explaining Pain learnings
- Explore impact of pain/changes due to pain
- Review and prioritize the 8 categories of pain treatment as shown on the Pain Self-Management Plan (PSMP)
- Identify at least one action plan that reflects the client’s priorities
- Identify the next step in the CPC pathway that would help move forward with the action plan

The next five 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 this program. The majority of people are suitable for and can benefit from attending these groups:

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

(Formerly known as Self-Management Essentials)

When: 8 Weeks, 2 hour session each week

Taught by: Occupational Therapist, Psychologist, or Social Worker

Content Goals:

- Improve understanding of self-management of chronic pain
- 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

Group Descriptions

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
- Educate about anti-inflammatory nutrition
- Develop skills for food preparation and meal planning
- Provide community resources for food security and weight management

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
- 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
- Learn about medications used to manage chronic pain including common or serious side effects
- Define and discuss the following medication terms: physical dependence, tolerance, addiction, opioid use disorder, withdrawal, and overdose or opioid poisoning

Group Descriptions

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: When registering for this group, you will also book a 30 minute telephone appointment with an Occupational Therapist to discuss your goals for this group

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

When: 4 Weeks, 2 hour session each week

Taught by: Psychologist and Physical Therapist or Kinesiologist

Please Note: This group is not intended to 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:

- Improve understanding of the impact of pain on sexual function
- Learn cognitive-behavioural strategies and sex therapy strategies for managing the impact of chronic pain on sexual function

Yoga Group

When: 4 Weeks, 1 hour session each week

Taught By: Physical Therapist

Prerequisite: Call reception at 403-943-9925 to request the “Yoga Group Screening Appointment” if you have not already had an initial physiotherapy assessment with your team physiotherapist.

Content Goals:

- Learn a sequence of yoga poses and any necessary modifications