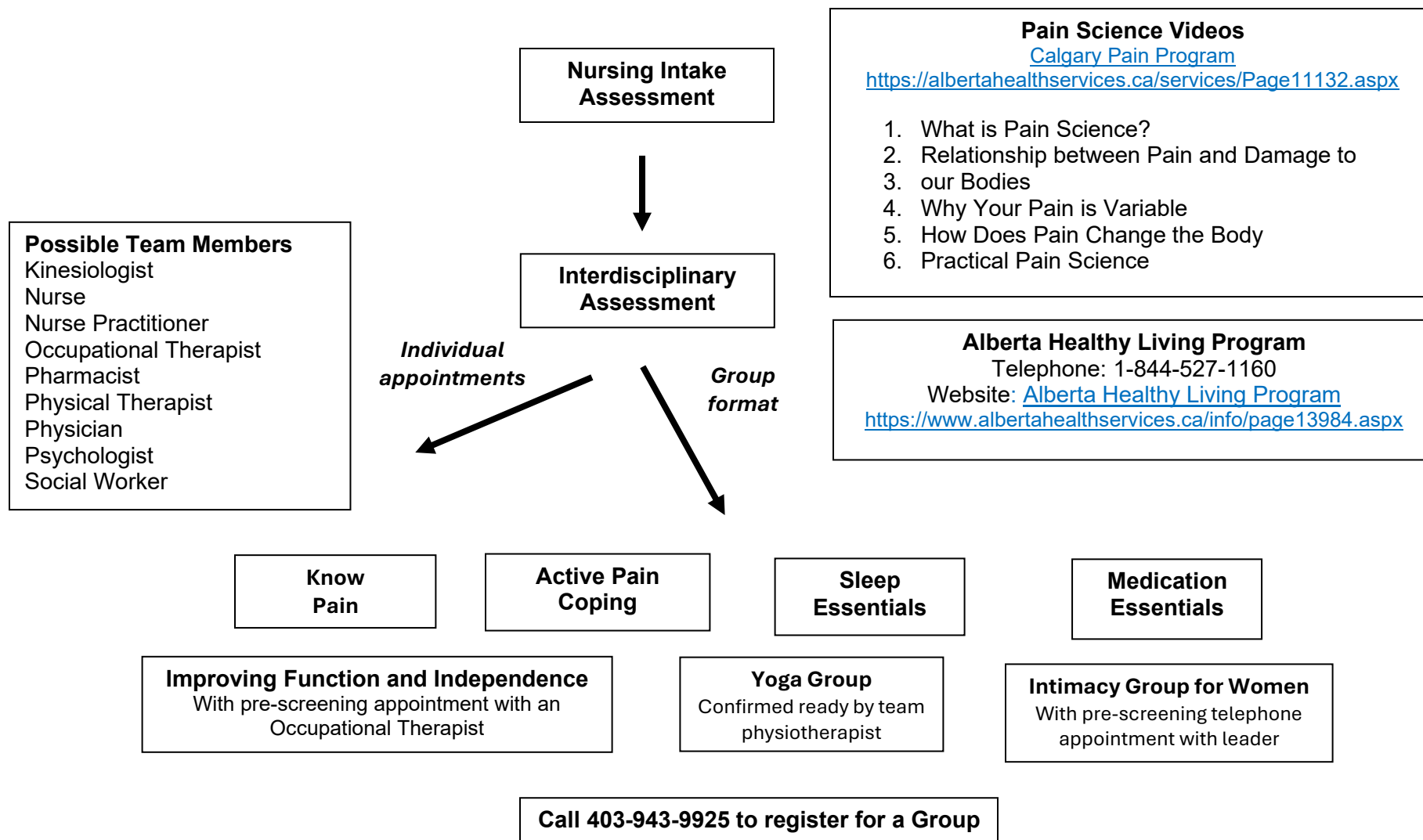


Next Steps Map



Group Descriptions

Know Pain: Unpacking Pain Science

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

Topics: See topics under Pain Science Videos (page 1)

Taught By: Pharmacist, physiotherapist, psychologist

Prerequisite: Recommend you watch CPC video on that month's topic (see topics under Pain Science Videos on page 1)

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

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

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, Social Worker

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.

Group Descriptions

Medication Essentials

When: 2 weeks, 2-hour sessions each week

Taught by: Pharmacist

Goals:

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

Improving Function and Independence (IFI)

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.

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

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.

Goals:

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

Group Descriptions

Intimacy Group (for Women): CBT 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.

When: 4 Weeks, 2-hour session each week

Taught by: Psychologist, Occupational Therapist, Physical Therapist, 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.

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