

Self-Management of Chronic Pain: Further Resources

Books

Active Pain Coping

Caudill, M. (2015) (4th Ed). *Managing pain before it manages you*. New York: Guilford.

Dahl, J., & Lundgreen, T. (2006). *Living beyond your pain: Using acceptance and commitment therapy to ease chronic pain*. Oakland, CA: New Harbinger.

Gardner-Nix, J. (2009). *The mindfulness solution to pain: Step-by-step techniques for chronic pain management*. Oakland, CA: New Harbinger.

Otis, J. D. (2007). *Managing chronic pain: A cognitive behavioral therapy approach workbook*. New York: Oxford University Press.

Anger

Eifert, G. H., McKay, M., & Forsyth, J. P. (2006). *Act on life not on anger: The new acceptance and commitment therapy guide to problem anger*. Oakland, CA: New Harbinger.

Lerner, H. (2014). *The dance of anger*. New York: Harper and Row.

McKay, M., Rogers, P. D., & McKay, J. (2003). *When anger hurts: Quieting the storm within*. Oakland, CA: New Harbinger.

Anxiety

Bourne, E. J. (2010) (5th Ed). *The anxiety and phobia workbook*. Oakland, CA: New Harbinger.

Gyoerkoe, K. L., & Weigartz, P. S. (2006). *10 simple solutions to worry: How to calm your mind, relax your body and reclaim your life*. Oakland, CA: New Harbinger.

Wehrenberg, M. (2018) (2nd Ed). *The 10 best-ever anxiety management techniques workbook*. New York: W.W. Norton & Company.

Wilson, R. (2009) (3rd Ed.) *Don't panic: Taking control of anxiety attacks*. New York, Harper.

Assertive Communication

McKay, M., Davis, M., & Fanning, P. (2009). *Messages: The communication skills book*. Oakland, CA: New Harbinger.

Patterson, K., Grenny, J., McMillan, R., & Switzler, A. (2011). *Crucial conversations tools for talking when stakes are high*. New York: McGraw-Hill.

Changing Habits

Duhigg, C. (2014). *The power of habit: Why we do what we do in life and business*. Anchor Canada (www.randomhouse.ca).

Prochaska, J.O., Norcross, J. & DiClemente, C. (1995). *Changing for good: A revolutionary six-stage program for overcoming bad habits and moving your life positively forward*. New York: William Morrow and Company.

Depression

Burns, D. D. (2008). *Feeling good: The new mood therapy*. New York: Penguin. (See also the *Feeling Good Handbook* on depression, anxiety, and interpersonal problems).

Greenberger, D., & Padesky, C. (2015). *Mind over mood: Change how you feel by changing the way you think*. New York: Guilford Press.

Strosahl, K.D., & Robinson, P.J. (2017). *The mindfulness and acceptance workbook for depression: Using acceptance and commitment therapy to move through depression and create a life worth living*. 2nd ed. Oakland, CA: New Harbinger Publications.

Emotion Regulation

Van Dijk, S. (2012). *Calming the emotional storm: Using dialectical behavior therapy skills to manage your emotions and balance your life*. Oakland, CA: New Harbinger Publications.

Explaining Pain & Neuroplasticity

Butler, D. & Moseley, L. (2017). *Explain pain supercharged*. Adelaide, Australia: Noigroup. (Available only from <https://www.noigroup.com/product/explain-pain-supercharged/>).

Doidge, N. (2007). *The brain that changes itself*. New York: Penguin.

Jam, B. (2019). *The pain truth and nothing but*. Toronto: APTEI. (Free e-book on <https://www.aptei.ca/wp-content/uploads/the-pain-truth-e-book-2019.pdf>).

Moseley, L & Butler, D. (2015). *The explain pain handbook: Protectometer*. Adelaide, Australia: Noigroup.

Grief & Loss

Devine, M. (2017). *It's ok that you're not ok: Meeting grief and loss in a culture that doesn't understand*. Boulder, CO: Sounds True, Inc.

Grollman, E.A. (1995). *Living when a loved one has died*. Boston: Beacon Press.

Mindfulness Meditation

Burch, V. & Penman, D. (2015). *You are not your pain: Using mindfulness to relieve pain, reduce stress, and restore well-being – an 8-week program*. New York: Flatiron Books.

Siegel, R. (2010). *The mindfulness solution: Everyday practices for everyday problems*. New York: Guildford Press.

Teasdale, J., Williams, M., & Segal, Z.V. (2014). *The mindful way workbook: An 8-week program to free yourself from depression and emotional distress*. New York: Guilford Press.

Positive Psychology

Achor, S. (2013). *Before happiness: The 5 hidden keys to achieving success, spreading happiness, and sustaining positive change*. New York: Crown Business Publishing.

Fredrickson, B. (2009). *Positivity: Top-notch research reveals the upward spiral that will change your life*. New York: Three Rivers Press.

Seligman, M. (2011). *Flourish: A visionary new understanding of happiness and well-being*. New York: Free Press.

Post-Traumatic Stress Disorder

Follette, V.M., & Pistorello, J. (2007). *Finding life beyond trauma: Using acceptance and commitment therapy to heal from post-traumatic stress and trauma-related problems*. Oakland, CA: New Harbinger Publications.

Shapiro, F. (2013). *Getting past your past: Take control of your life with self-help techniques from EMDR therapy*. New York: Rodale.

Tull, M.T., Gratz, K.L., & Chapman, A.L. (2016). *Cognitive-behavioral coping skills workbook for PTSD: Overcome fear and anxiety and reclaim your life*. Oakland, CA: New Harbinger Publications.

Williams, M.B., & Poijula, S. (2016). *The PTSD workbook: Simple, effective techniques for overcoming traumatic stress symptoms* (3rd ed). Oakland, CA: New Harbinger Publications.

Relaxation & Stress Management

Benson, H. & Proctor, W. (2011). *Relaxation revolution: The science and genetics of mind body healing*. New York: Scribner.

Davis, M., Eshelman, E. R., & McKay, M. (2019) (7th Ed). *The relaxation and stress reduction workbook*. Oakland, CA: New Harbinger.

Elkin, A. (2013) (2nd Ed). *Stress management for dummies*. New York: Wiley.

Self-Compassion

Germer, C.K. (2009). *The mindful path to self-compassion: Freeing yourself from destructive thoughts and emotions*. New York: Guilford Press.

Neff, K. & Germer, C. (2018). *The mindful self-compassion workbook: A proven way to accept yourself, build inner strength, and thrive*. New York: Guilford Press.

Sleep

Carney, C., & Manber, R. (2009). *Quiet your mind and get to sleep: Solutions to insomnia for those with depression, anxiety or chronic pain*. Oakland, CA: New Harbinger.

Carney, C. E., & Manber, R. (2013). *Goodnight mind: Turn off your noisy thoughts and get a good night's sleep*. Oakland, CA: New Harbinger.

Maas, J. B., & Robbins, R. S. (2010). *Sleep for success: Everything you must know about sleep but are too tired to ask*. Bloomington, IN: AuthorHouse.

Websites

Alberta Health Services (AHS)

www.albertahealthservices.ca/services/Page10887.aspx (AHS Chronic Pain Centre)

www.albertahealthservices.ca/services/Page2790.aspx (Lecture Series from the AHS Chronic Pain Centre)

www.albertahealthservices.ca/services.asp?pid=service&rid=1005671 (Alberta Healthy Living Program)

MyHealth.Alberta.ca (AHS with Government of AB)

www.myhealth.alberta.ca/Pages/default.aspx (On the Home page search for “chronic pain”; videos such as *Living with chronic pain*, *Managing pain with healthy thinking*, *Finding your strength*, *Tracking how you’re doing*, *Chronic pain and opiates: know what’s safe*)

Chronic Pain

www.liveplanbc.ca (from BC, for adults)

www.mycarepath.ca (from BC, for children)

www.painbc.ca (Pain BC)

www.wwdpi.org (Work Wellness and Disability Prevention Institute)

Grief

www.mygrief.ca (helps people understand and work through grief and loss)

Headache Pain

www.americanheadachesociety.org (American Headache Society)

www.headache-help.org (Help for Headaches – A Canadian Registered Charity – Ontario)

www.headachenetwork.ca (Headache Network Canada)

Pelvic Pain

www.nva.org (National Vulvodynia Association)

www.pelvicpain.org (The International Pelvic Pain Society)

Positive Coping with Health Conditions

www.comh.ca/pchc (Vancouver Coastal Health, workbook)

Psychology and Chronic Pain

www.cpa.ca/psychologyfactsheets (Canadian Psychological Association, acute post-surgical pain, arthritis, chronic pain, chronic pain among seniors, presurgical preparation, needle pain)

Videos

Explaining Pain

https://www.youtube.com/watch?v=5p6sbi_0ILc (Getting a Grip on Pain and the Brain. Lorimer Moseley)

<http://www.youtube.com/watch?v=-3NmTE-fJS0> (Pain: Do You Really Get It? Lorimer Moseley)

<https://www.youtube.com/watch?v=gh-V6gMGzmc> (Part 1 - Explain Chronic Pain in Less Than a Minute. Neil Pearson, B.C. physiotherapist and educator on chronic pain)

https://www.youtube.com/watch?v=FCq7iTcfY_c (Part 2 - Explaining Chronic Pain in Detail. Neil Pearson, B.C. physiotherapist and educator on chronic pain)

<https://www.youtube.com/watch?v=ikUzvSph7Z4> (Tame the Beast – It's Time to Rethink Persistent Pain. Lorimer Moseley)

<https://www.youtube.com/watch?v=4ABAS3tkkuE> (Treating Pain Using the Brain. David Butler)

www.youtube.com/watch?v=4b8oB757DKc (Understanding pain: What to Do About it in Less Than 5 Minutes. Hunter Integrated Pain Service)

General Health

www.evanshealthlab.com (Dr Mike Evans is working to bring the best evidence-based health information out of the clinic to wherever you are. Some of our favorite videos are: *Healthy Eating 101*, *90:10 Stress*, *Best Advice for People Taking Opioid Medications*)

Stress

<https://www.youtube.com/watch?v=RcGyVTAoXEU> (How to Make Stress Your Friend. TED Talk by Kelly McGonigal, health psychologist)

On-Line (Web-Based) Learning

Chronic Pain Self-Management

www.paintoolkit.org (Pete Moore, UK, former patient of INPUT Pain Management Programme; skills covered include acceptance, pacing, setting goals, relaxation, self-monitoring, flare-up)

www.paintrainer.org (An interactive, online tool that teaches you effective strategies to manage your pain. The painTRAINER program is made up of 8 sessions, each lasting about 30-45 mins)

Mental Health

www.anxietycanada.com (Provides education and resources to address anxiety; and the skills of self-talk/cognitive strategies and relaxation)

www.comh.ca/antidepressant-skills/adult (Cognitive-behavioral strategies for depression)

www.exerciseanddepression.ca/ (An evidence-based toolkit for treating depression with exercise)

<https://web.nrw.nhs.uk/selfhelp/> (Self-help guides for a variety of mental health problems that are available to download for free)

Mindfulness Meditation & Self-Compassion

www.centerformsc.org (Centre for Mindful Self-Compassion, Christopher Germer, Ph.D. and Kristen Neff, Ph.D., an 8-week program designed to cultivate self-compassion skills for daily life)

www.headspace.com (Andy Puddicombe, ordination as a Tibetan Buddhist monk, meditation made simple)

www.mindfulnesscompassion.org (Dr. Christopher Germer, mindful self-compassion, free downloads available)

www.self-compassion.org (Dr. Kristen Neff, self-compassion)

www.tarabrach.com (free on-line meditations)

www.thebreathproject.org (Dr. Phil Blustein, Gastroenterologist, Calgary. Resources for stress reduction, including exercises, demonstrations, and videos. Includes free ebook, "*Mindfulness Medication*")

www.ucalgary.ca/wellnesscentre/events-programs/wellness-programs/mindfulness/online (U of C, Wellness Centre, online, self-directed mindfulness program designed for those interested in cultivating mindfulness into their daily lives)

Relaxation

Chronic Pain Centre Relaxation CDs and USB sticks (\$10.00) at CPC Reception

<http://dawnbuse.com/relaxation.htm> (Cognitive behavioral therapy, biofeedback, and mindfulness training for headache. Includes free guided visual imagery and relaxation exercises)

<https://myhealth.alberta.ca/alberta/Pages/Relaxation-Audio-Tracks.aspx> (Relaxation audio tracks. Headache Program, Alberta Health Services)

<http://studentsupport.georgiasouthern.edu/counseling/resources/self-help/relaxation-and-stress-management/> (Various relaxation exercises. Georgia Southern University Counseling Centre)

Sleep

www.albertahealthservices.ca/services/Page2790.aspx (Lecture series from the AHS Chronic Pain Centre)

<https://myhealth.alberta.ca/learning/modules/Sleep-Strategies> (Headache-tailored modules)

<https://mysleepwell.ca/> (Dalhousie University, cognitive-behavioral treatment for insomnia)

www.painbc.ca/chronic-pain/webinar/myths-and-facts-about-sleep-and-chronic-pain (Educational webinar by Dr Fleming, consultant at Sleep Disorder Program, UBC Hospital)

Mobile Apps

Please note that Apps may involve a cost (\$\$\$) to you.

Mental Health

Addiction and Mental Health - Mobile Application Directory 2017. A directory of apps including but not limited to smoking cessation, autism, depression, anxiety, and cognitive-behavioural skills.

Breathr. An app that introduces the concept of mindfulness and creates an easy access point for those who are new to this practice. Developed by the BC Children's Hospital.

Calm. A subscription-based app that promotes relaxation through meditations, sleep stories, nature images, and sounds. The guided meditations give users choices in topic, length, and nature scenes.

Daylio. Allows you to track your moods and daily activities. Within 5 days of regular tracking, you'll be able to connect what activities you do when you feel great and what's happening on bad days.

Headspace (by Andy Puddicombe). Headspace is meditation made simple. Learn online, when you want, wherever you are, in just 10 minutes a day.

Stop, Breathe and Think. Allows you to check in with how you are feeling and recommends short activities and guided meditations tuned to those emotions.

Year in Pixels. This app asks you to rate how your day was by assigning a color to your rating. You can add the emotions you felt that day and also a diary entry to give additional details.

Chronic Pain

Canadian Migraine Tracker. You can monitor headache frequency, triggers, symptoms, and medication response.

Curable. Includes pain science education and hundreds of evidence-based exercises grounded in the biopsychosocial model (e.g., meditation, CBT, and relaxation).

Migraine Buddy. Allows you to track the location of pain, triggers, and lifestyle factors - all specific to migraine. It also features a weather tracker and can send you weather alerts.

My Pain Diary: Chronic Pain & Symptom Tracker. Allows you to track your pain, symptoms, and triggers. An interactive graph and color-coded calendar help you identify patterns and correlations.

Pain Scale. In addition to tracking pain, you can check out the app's "community" feature, to see how others manage their pain. Also includes a library of articles and videos from medical sources.

Pain Support Groups in the Community

Calgary, AB

Better Choices Better Health: Self-Management Workshops. Contact Alberta Healthy Living Program – Calgary Zone for information and to register: 403-9-Health (403-943-2584) or go to: www.albertahealthservices.ca/services.asp?pid=service&rid=1062406

Calgary Chronic Pain Support Group. Provides a way to connect with others, share resources, discuss pain related topics and support one another. See www.chronicpain.meetup.com/339/ or email stephanjw@shaw.ca

Family Caregiver Support Group. Email Charlene charlene.retzlaff@albertahealthservices.ca or call her at 403-955-1674 (Tues thru Thurs). *South Family Caregiver Drop-in Support Group* 1st Wed of the Month, 1:30 – 3:00 pm, Lutheran Church of the Cross, 10620 Elbow Drive SW. *North Family Caregiver Drop-in Support Group*, 3rd Monday of the month, 7:00 – 8:30 pm, Confederation Park Seniors Citizens Centre

Lending Emotional and Pain Support (LEAPS). Meetings held at the Chronic Pain Centre at the Richmond Road Diagnostic and Treatment Centre site. Email LeapsCalgary@gmail.com

Outside of Calgary, AB

People in Pain Network. Pain Self-Management Support Groups. See www.pipain.com or email info@pipain.com

Support Groups across Canada. See www.chronicpaincanada.com/support

Mindfulness Classes in the Community (no cost)

Calgary, AB

I Meditate Calgary. Free 60-minute meditation classes on Sundays at YMCA Crowfoot. No prior registration is required for this meditation. See www.imatecalgary.org/events.php

Mimentra Community Mindfulness Group. Drop-in, every second Tuesday, 6:30-8:30pm. Suggested donation is \$20 per person, or pay-what-you-can for those with low or no income. Parkdale United Church

Mindfulness-Based Stress Reduction. Catholic Family Services. 8-week groups held at Catholic Family Service's downtown office at 250, 707 10 Avenue SW, Calgary. You determine what you can afford to pay. To register call Katy at 403-205-8553 or email katy.haver@cfs-ab.org

Mindfulness Based Stress Reduction. Tom Baker Cancer Centre, Holy Cross Site. For individuals with a cancer diagnosis or their family members. See www.tbccintegrative.com/clinical-programs/mindfulness-based-stress-reduction or call 403-355-3207

South Health Campus Wellness Centre, Alberta Health Services. Monthly mindfulness practice sessions (<https://www.albertahealthservices.ca/shc/Page14846.aspx>)

Wellness through Mindfulness YYC. Offers meditation and teaching sessions on mindfulness. Suitable for new and experienced individuals. Shagannappi Community Hall, 1st Tuesday/3rd or 4th Thursday of every month, 7:15 – 9:15 pm. facebook.com/wellnessthroughmindfulness

Outside of Calgary, AB

Canmore General Hospital, Mindfulness Meditation Program (8 weeks); first two sessions mandatory, expected to attend 6 of 8 sessions. Submit name to mindfulnessmeditation2012@gmail.com or call 403-678-7208 and leave a message

Resources for Young Adults

From Surviving to Thriving: Developing Personal and Academic Resilience (Free e-book on https://www.workplacestrategiesformentalhealth.com/pdf/From_Surviving_to_Thriving_EN.pdf)

www.gotabrain.ca (designed by the Canadian Mental Health Association – Calgary Region to provide information of interest to youth about mental health and mental illness)

www.mindyourmind.ca (A Canadian-based youth mental health website that uses games and entertaining tools to educate youth on mental health issues, and tools to help others cope with mental illness)

DISCLAIMER: No evaluations of the resources in this document have been done. This material is for information purposes only. It should not be used in place of medical advice, instruction, and/or treatment. If you have questions, speak with your doctor or appropriate health care provider.