

My Tool Box



Chronic Pain Self-Management Program (CPSMP)

Chronic Pain can cause severe stress and upset to individuals and their families, changing the way they live on a day to day basis. This evidence-based workshop provides information and coping strategies to help people take control, better manage their pain, work more effectively with health care providers, and improve their quality of life.

The workshops are led by two trained and certified lay leaders. The workshop is delivered in groups of 10-12 participants, once a week for 2.5 hours, for six consecutive weeks. Participants receive the, “Chronic Pain Self-Management Program Workbook” and the “Moving Easy Program” CD which provides a set of easy to follow exercises which can be done in the comfort of your own home.

There is no cost to attend, and excellent reference materials are available. The program is intended for adults experiencing a wide range of chronic pain conditions. Conditions appropriate for this workshop might include **musculoskeletal pain, fibromyalgia, whiplash injury, chronic regional pain syndromes, repetitive strain injury, chronic pelvic pain, post-surgical pain lasting longer than 6 months, neuropathic pain, neuralgias, post-stroke or central pain, persistent headache, Crohn’s disease, irritable bowel, and severe muscular pain due to conditions such as multiple sclerosis.**

The program covers the following topics:

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- Debunking Myths about Chronic Pain
 - The differences between Acute and Chronic Pain
 - Understanding the Pain & Symptom Cycle
 - Physical Activity & Exercise
 - Pacing: Balancing Activity and Rest
 - Better Breathing and Muscle Relaxation
 - Dealing with difficult Emotions
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- Problem Solving
 - Fatigue and Sleep Management
 - Guided Imagery, Visualization, Distraction
 - Communication Skills
 - Working with your Health Care System
 - Healthy Eating
 - Depression and Positive Thinking
 - Medications for Chronic Pain
 - Making Informed treatment Decisions
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