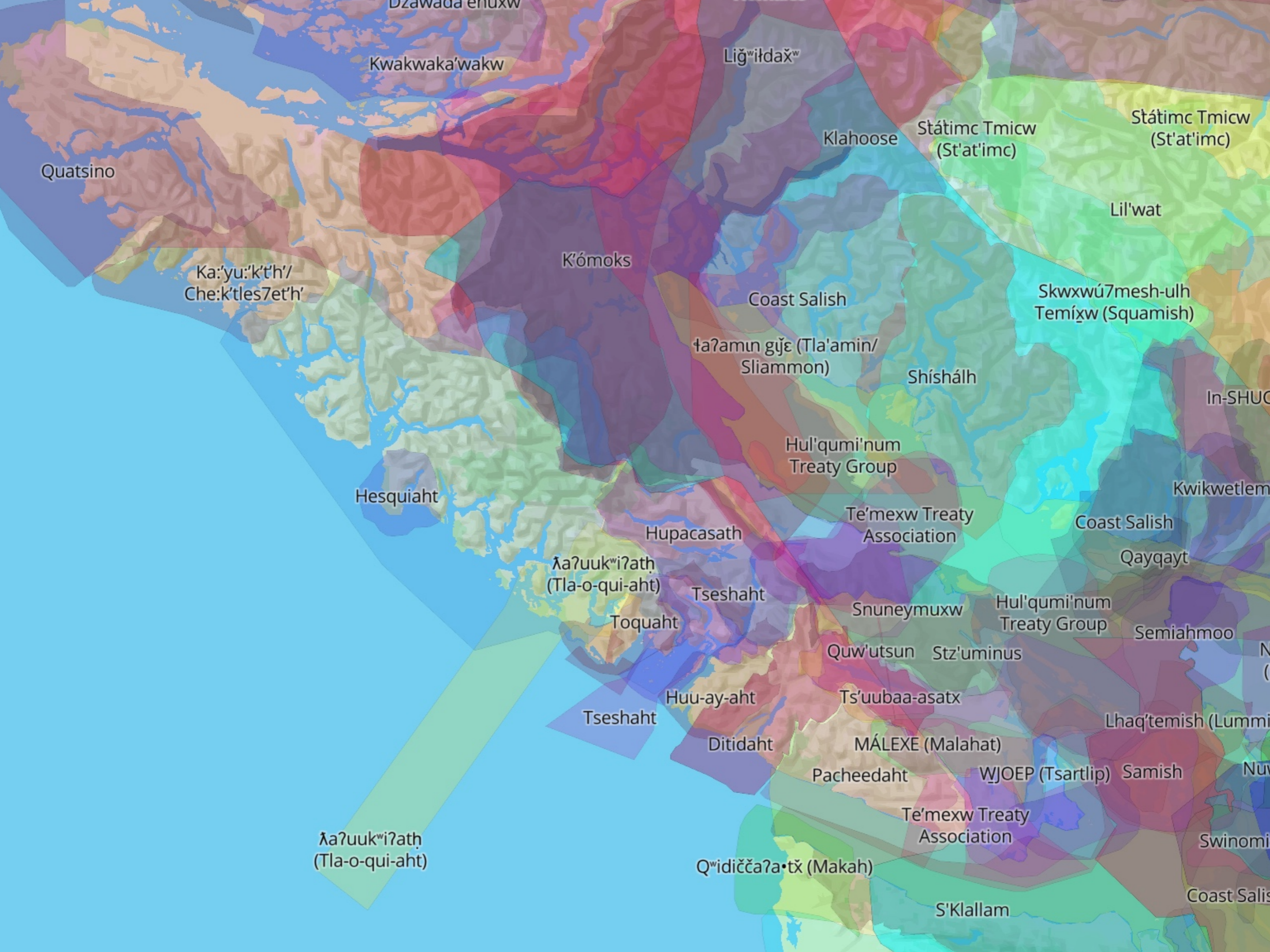




Mindfulness Based Cognitive Therapy for Chronic Pain

Session 1: Stepping out of Automatic Pilot



Kwakwaka'wakw

Liḡwíldaḡw

Klahoose

Státimc Tmicw (St'at'imc)

Státimc Tmicw (St'at'imc)

Quatsino

Ka:yu:k't'h'/
Che:k'tles7et'h'

K'ómoks

Coast Salish

Skwxwú7mesh-ulh
Temíxw (Squamish)

Lil'wat

ɬaʔamun gǵe (Tla'amin/
Siammon)

Shíshálh

In-SHUC

Hesquiaht

Hul'qumi'num
Treaty Group

Kwikwetlem

Hupacasath

Te'mexw Treaty
Association

Coast Salish

ɬaʔuukʷiʔaḥ
(Tla-o-qui-aht)

Tsessaht

Qayqayt

Toquaht

Snuneymuxw

Hul'qumi'num
Treaty Group

Semiahmoo

Quw'utsun

Stz'uminus

N

Tsessaht

Huu-ay-aht

Ts'uubaa-asatx

Lhaq'temish (Lummi)

Ditidaht

M'ÁLEXE (Malahat)

Nu

Pacheedaht

WJOEP (Tsartlip)

Samish

ɬaʔuukʷiʔaḥ
(Tla-o-qui-aht)

Te'mexw Treaty
Association

Swinomi

Qʷidiččaʔa•t̓x (Makah)

S'Klallam

Coast Salis

Agenda

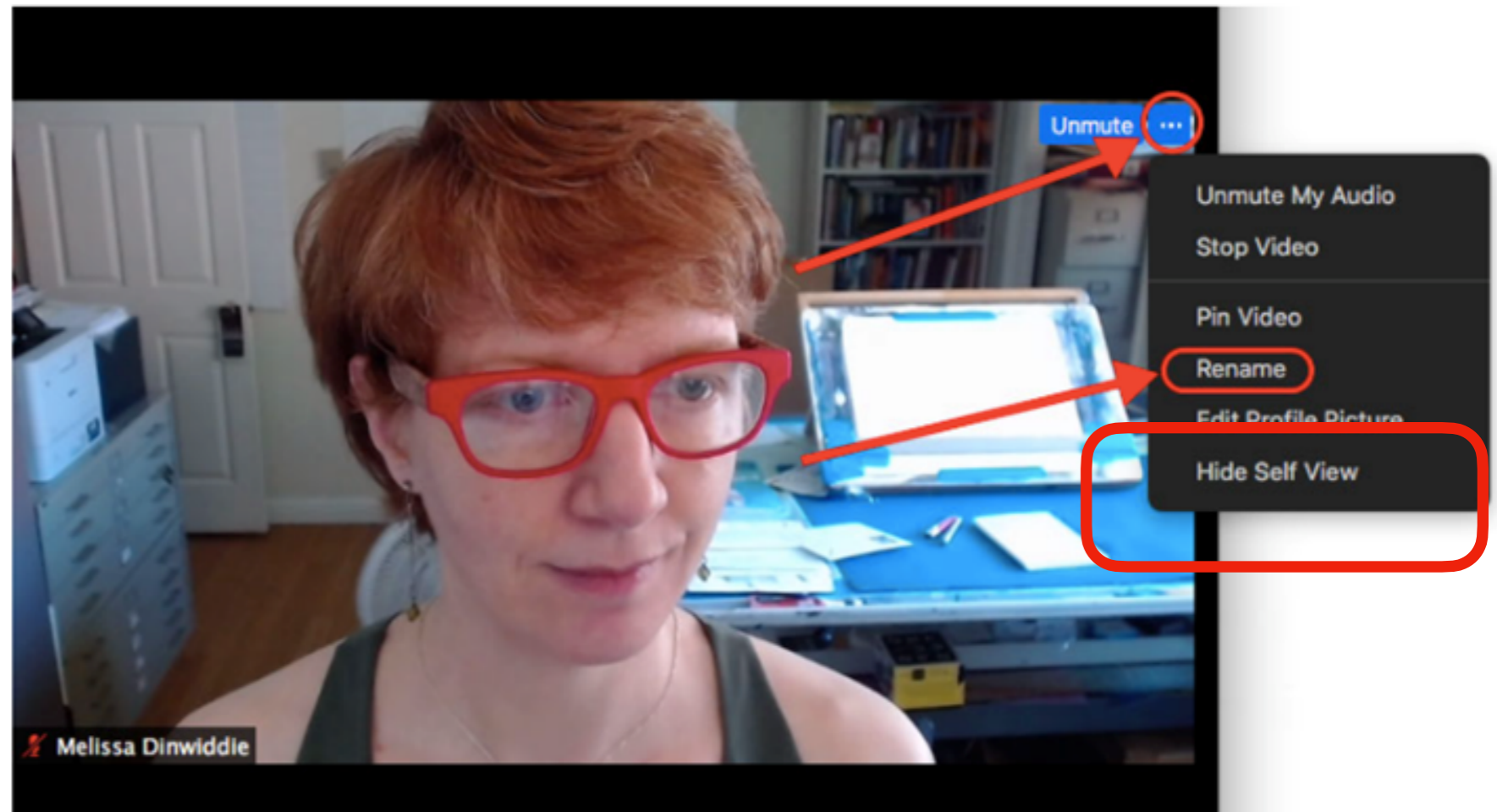
- Logistics
- Introductions
- Gate Control Theory or Neuromatrix Model
- Mindfulness and Automatic Pilot (Raisin Exercise)
- Body Scan
- 3 Minute Breathing Space
- Breakout Room on Obstacles
- Home Practice Suggestions and Take Aways

Zoom tips: Rename and Hide Self View

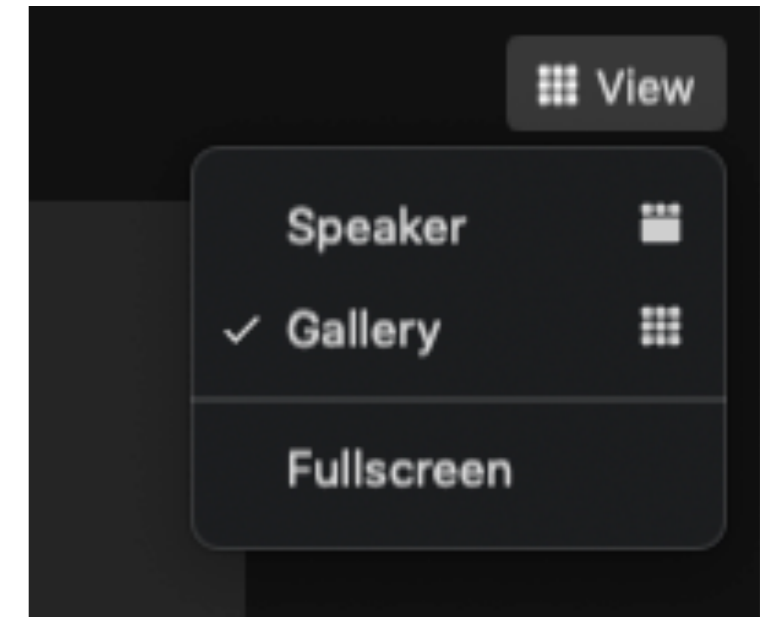
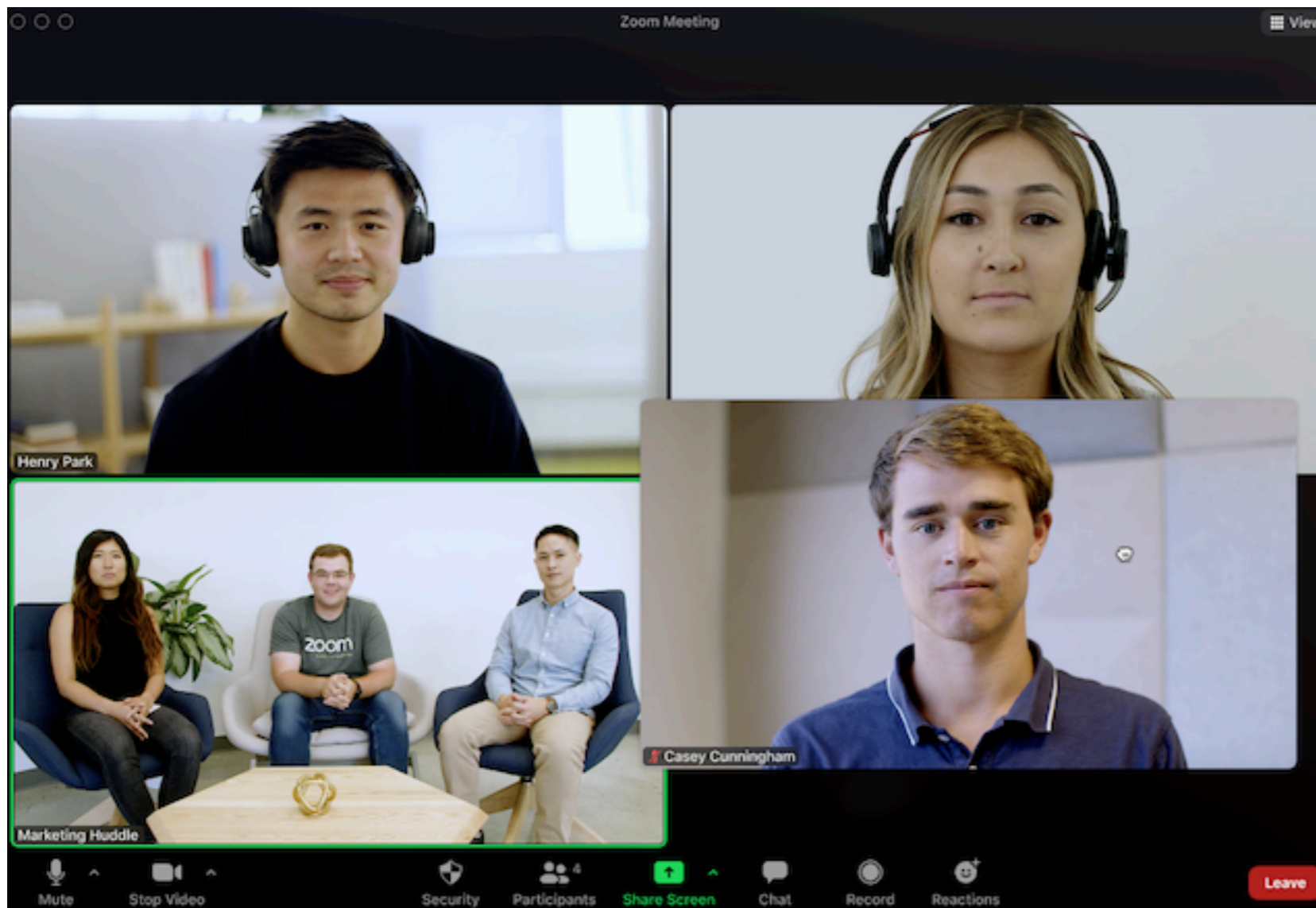
Please rename yourself

- Name you wish to be called, pronouns if you wish

Option 1: Click on ellipsis in top right of your picture, and choose “Rename”



Gallery View



Gallery View

The image shows a Zoom meeting interface in Gallery View. On the left, a PowerPoint slide is displayed with the text "Welcome to PowerPoint" and "I love for a simpler way to work." A vertical line labeled "SEPARATOR" with a purple arrow points to the right. On the right, two video thumbnails are shown: "Zoom User 2" (top) and "Zoom User 1" (bottom). A red box highlights the "Side-by-side Mode" option in the "View Options" menu. The menu also includes "Original Size", "Request Remote Control", and "Annotate".

Zoom

You are viewing Vanessa Simmons's screen

View Options ▾

- Original Size
- Request Remote Control
- Annotate
- Side-by-side Mode

SEPARATOR →

Welcome to PowerPoint
I love for a simpler way to work.

Zoom User 2

Zoom User 1

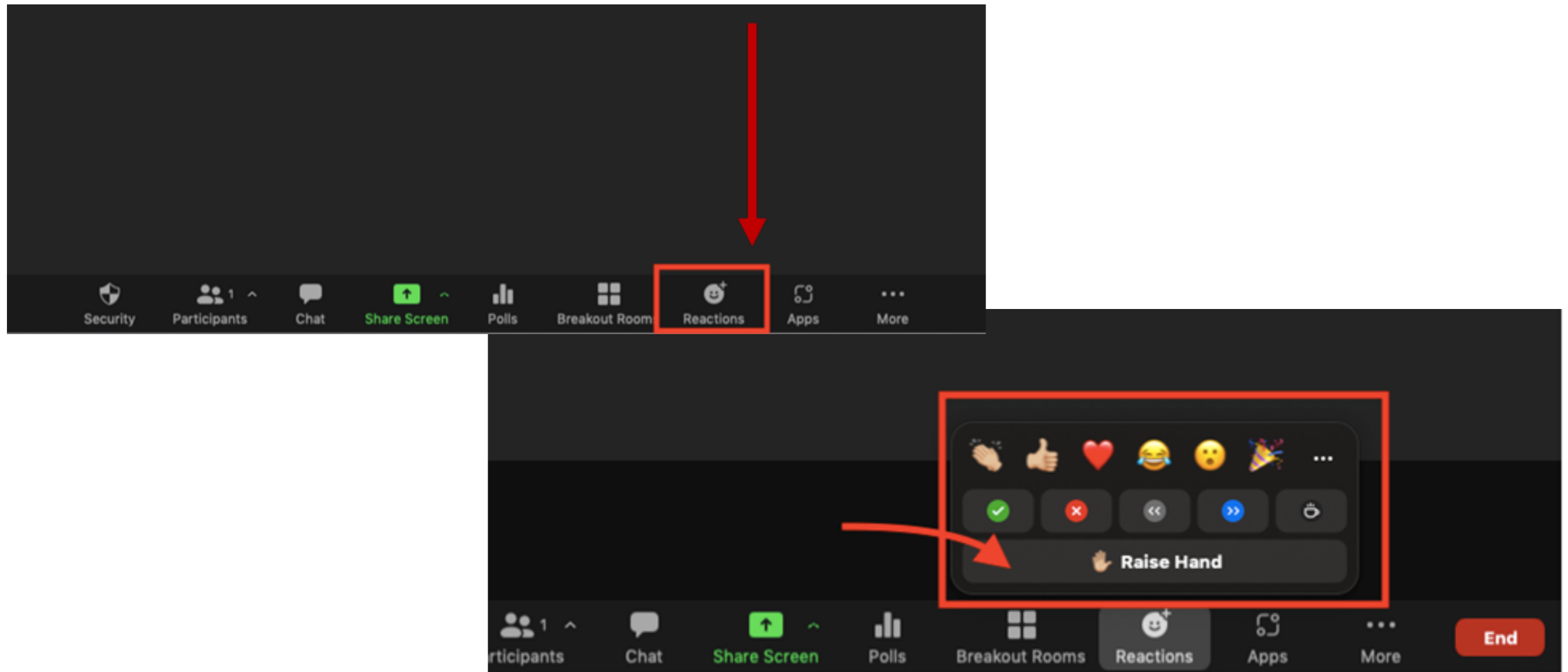
Molly Parker

Vanessa Simmons

Zoom tips: Raise Hand

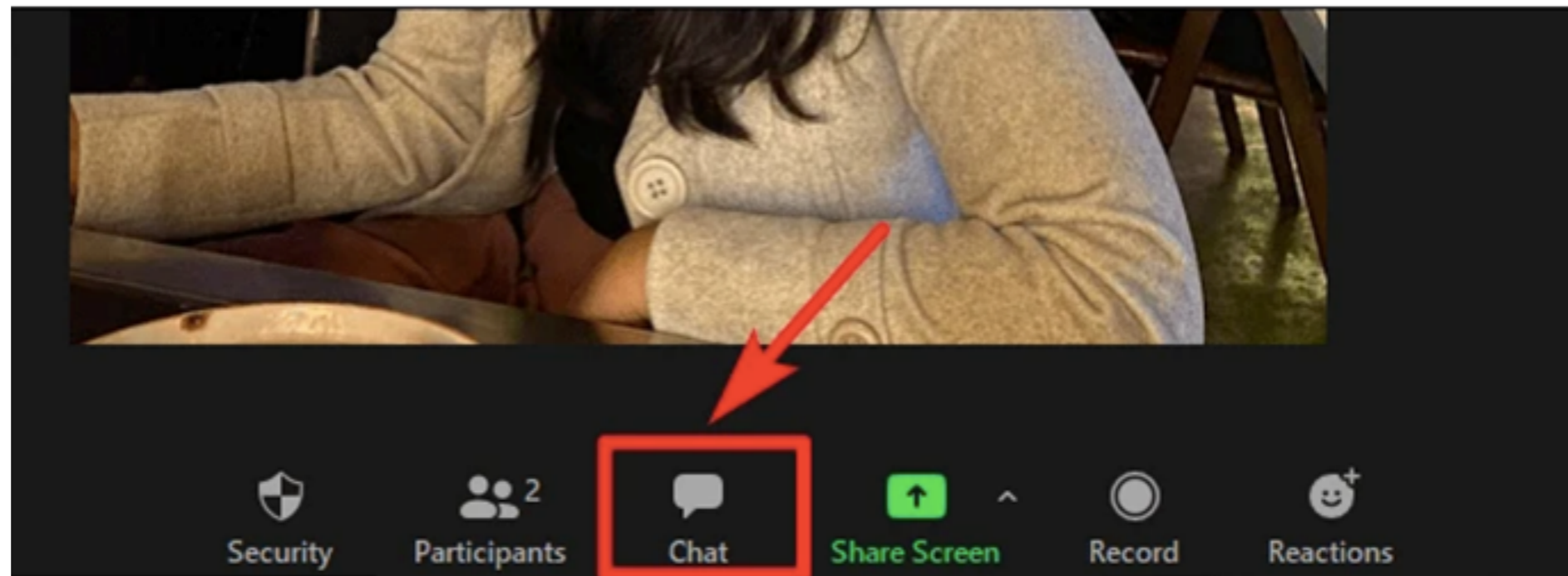
Click on Reactions, then "Raise hand"

Reactions



Zoom tips: Chat

- Message Everyone,
- Or send a direct message to a facilitator
- Chat function - not when other participants sharing but otherwise okay



How to Get the Most out of Group



- Arrive on time, attend all sessions
- Please try to be on time **HOWEVER**, please come late rather than not at all
- If you can, please notify me and the group ahead of time if anticipate being absent
- Video on all session, well lit, mute if not talking
- Feel free to move, eat and drink as needed
- Home practice between sessions

Group Guidelines

- Confidentiality
- Respectful Environment - Practice non-judgment and compassion with self and others
- Please monitor self-disclosure and refrain from sharing details of personal trauma as it could trigger others
- Weekly shares about skills practice can be brief and you are always in control of what you share



Your Feedback Matters!

Legalities

- Must be in British Columbia
- Addresses each week
- Individual matters - please follow up with primary care provider



What you will Learn:

- How thoughts, feelings, behaviors affect pain
- How to focus attention, and be in the moment
- How to become aware of, and let go of thoughts and feelings
- How to work with stress and pain so that it causes less suffering
- Skills to cope with chronic pain including how to practice meditation and respond rather than react

A different approach...

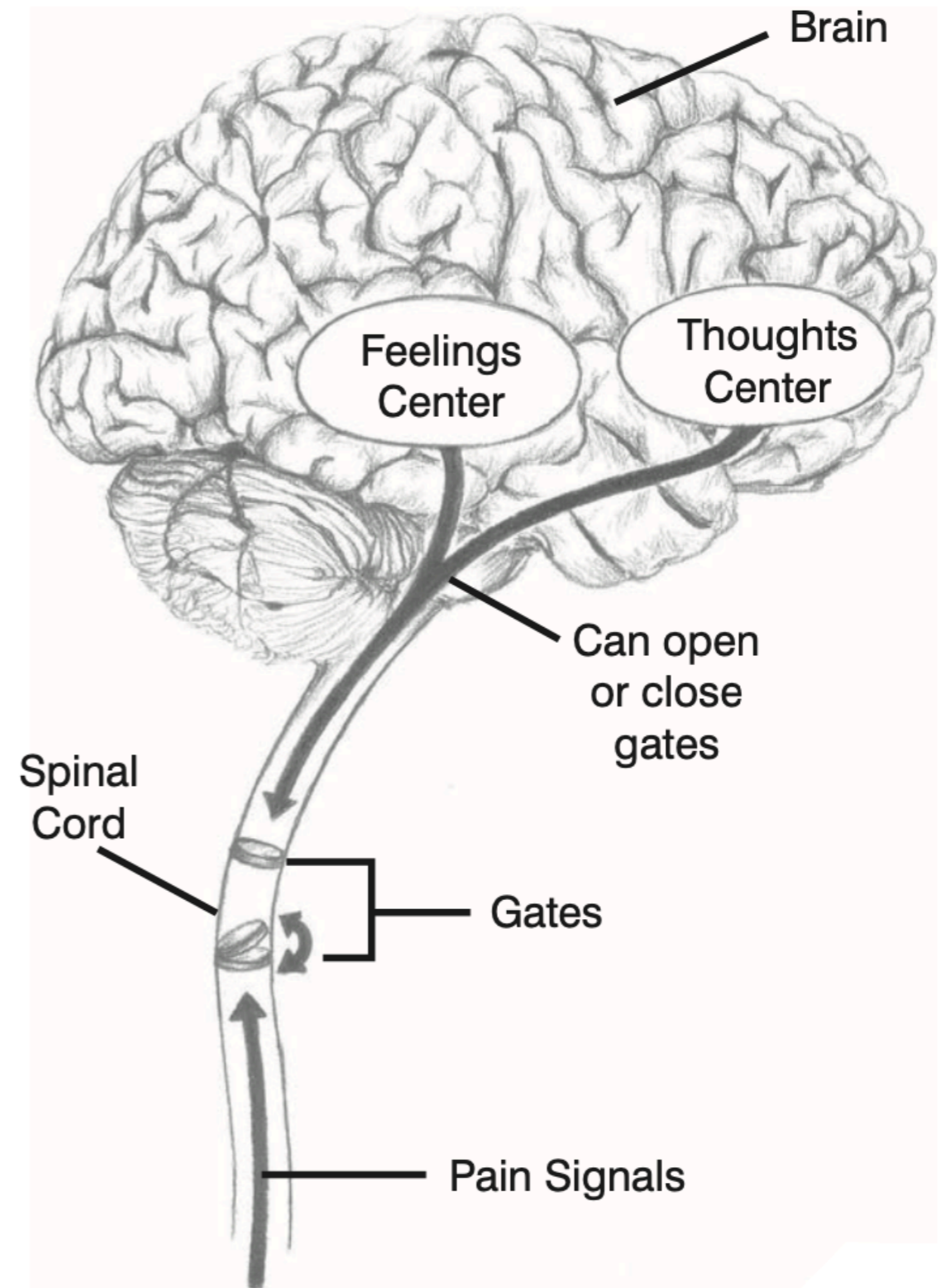
- Focus on ***what is right with you rather than what is wrong with you***
- Helps ***free from identity of "chronic pain patient"***
- Won't focus directly on discussing pain and how to alleviate it
- When we do pay attention to pain, it will be to help ***develop a different relationship to pain***, to learn to ***respond in a different way***
- Does not ask you to deny what is wrong, or to pretend the pain does not exist - ***the pain is real, and it is here***
- Helps to realize that ***in this moment, you are a whole person, pain and all***

Gate Control Theory (AKA Neuromatrix Model)

Pain areas linked to thought and emotions centres

Pain is influenced by the way we think and feel

What can open or close the gate?



Open the Gate = Makes Pain Worse

Painful memories, recalling accident, helplessness, fear

This is never going to end, get better

Feeling sorry for self, something small, go down the rabbit hole

Loss of control, loss sense of self, not wanting to perceive self as weak and out of control. Body needs time to rest, mind is driving things. Hard to accept it and allowing it to be

Something stressful, alone and lonely, trying to find new people, can add up

Tired and hungry

Close the Gate = Makes Pain Better

Labelling the pain, acknowledging it, refocus on sounds, breath

Doing something you love, hobbies, walk, time with family, distracted

Having fun, vacations, hobbies

Stretching
Finding something new to give joy, I feel like I get a win, gratitude, reaching out to others
Exercise and meditation, cup of coffee, finding people to walk with or talk to

Breathing into the pain (something positive), talking self through

Distraction, meditation, laughter, music, dancing, activities and hobbies (photos)

Open the Gate = Makes Pain Worse

Depression, anger, anxiety

Stress

Unhelpful thoughts, pain story

Lack of sleep, poor nutrition

Doing too much or too little

Pain medications IF taken for a long time and tolerance develops

Weather changes

Focusing too much on pain

Social Withdrawal

Close the Gate = Makes Pain Better

Humour

Socializing

Pacing activity

Working with unhelpful thoughts

Relaxation/Distraction/Mindfulness

Self care (sleep, nutrition)

Ice/heat/baths/massage

Pain medicine (sometimes)

Positive Emotions

Raisin Exercise



Mindfulness

How

Non-Judgmentally

With Curiosity

Kindness

Acceptance

What

Paying Attention in the
Present Moment



Automatic Pilot



Automatic Pilot: Stroop Test

Name the color that the following words
are printed in as fast as you can

Benefits of Automatic Pilot



Slippery Slope of Automatic Pilot



Taking the bus on the way home from work, lost in thought about a stressful incident



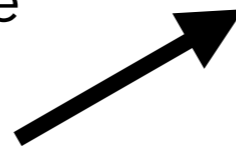
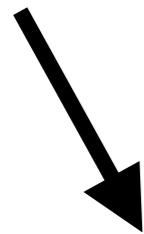
Feeling tension in the head, neck and shoulders



Get angry with someone you live with at home and immediately regret it



Coming home from work in a grumpy mood



Body Scan

Training the Spotlight of Attention





Mindfulness meditation is **not** about clearing the mind or stopping mind wandering -

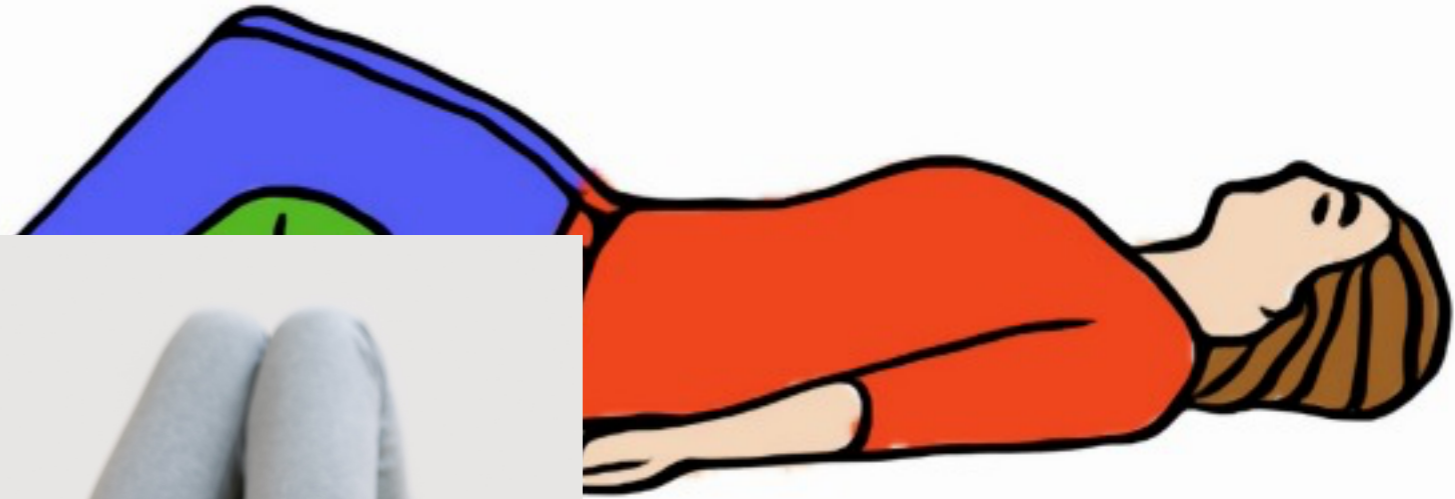
“If your mind wanders a thousand times, then simply **bring it back a thousand times**”



Training the Mind is Like Training a Curious, Wandering Puppy



Body Scan Positions



Cushion on Chair



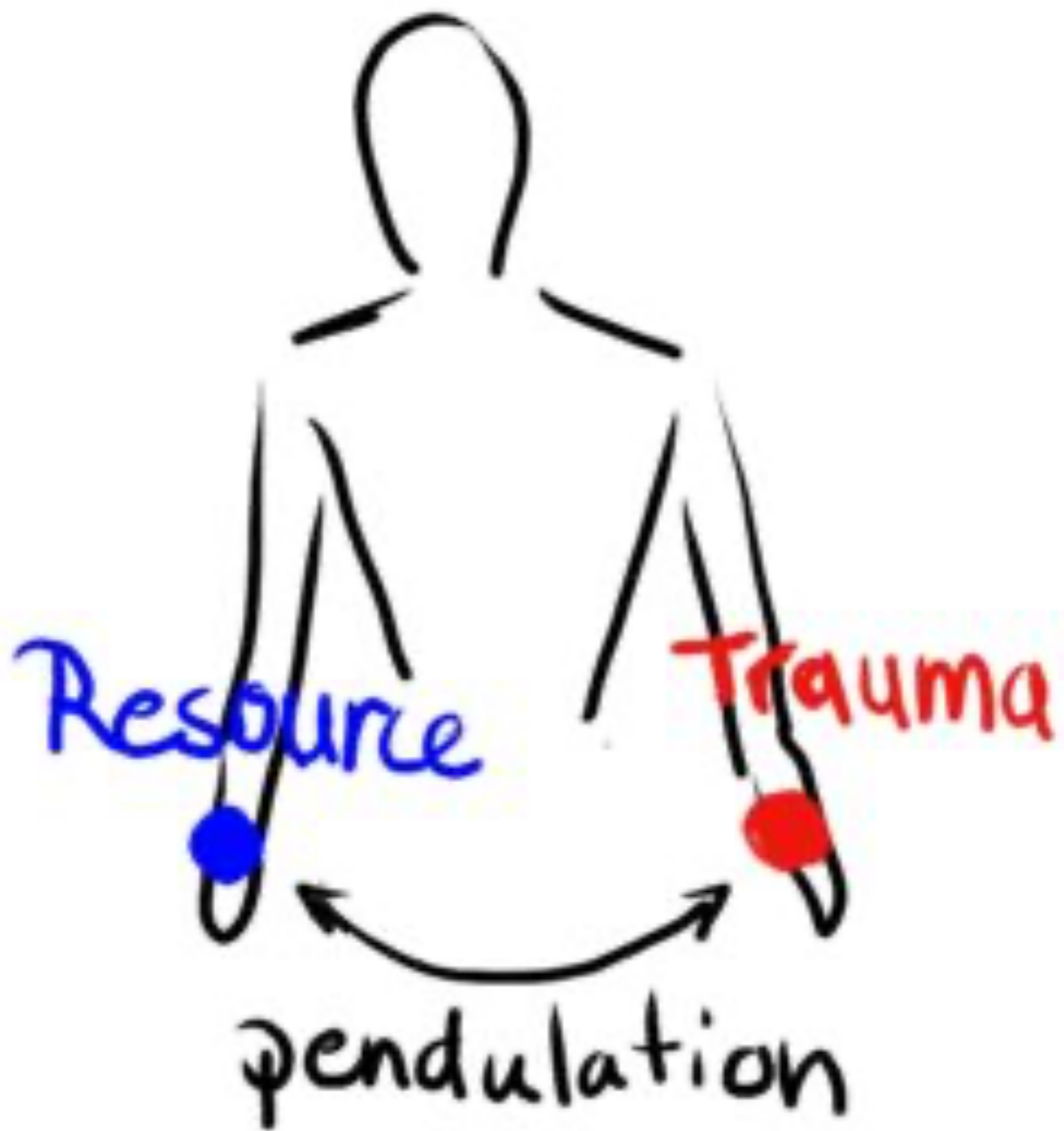
Cushion Behind Back

Other considerations

- Blankets
- Socks
- Location
- Making movements
- Dealing with uncomfortable sensations

Other tips

- Celebrate when you notice the mind has wandered!
 - That's the moment of mindfulness!
- May open eyes, reposition
 - Try to notice the urge to move **BEFORE** moving



How the Body Scan Relates to Chronic Pain

- Greater awareness of the body as a whole
- Learning how to relate to and manage physical and emotional pain/discomfort
 - Breathing in space on the in breath and letting go on the out breath
 - “Breathing with the sensation” - holding the movements of the breath in the foreground of awareness while still aware in the background of the sensation



3 Minute Breathing Space

Steps for the 3 min Breathing Space

1. **Awareness** - Stop, switch from "doing" to "being" mode, notice and acknowledge what is present
2. **Anchoring** - Use the breath/sounds/sights as an anchor to the present moment
3. **Opening** - Expand awareness to include breath and body, holding it all in open, spacious awareness

Suggested Home Practice

- Practice the Body Scan guided meditation each day
- Engage in at least three short 3-Minute Breathing Spaces daily at set times
- Practice bringing present-moment awareness to everyday activities including eating at least one meal “mindfully”
- Read handout for week 1 - Includes a description of the experience of a past participant
- Complete your daily at-home practice record
- Consciously note and celebrate any small steps that took time, energy or effort!

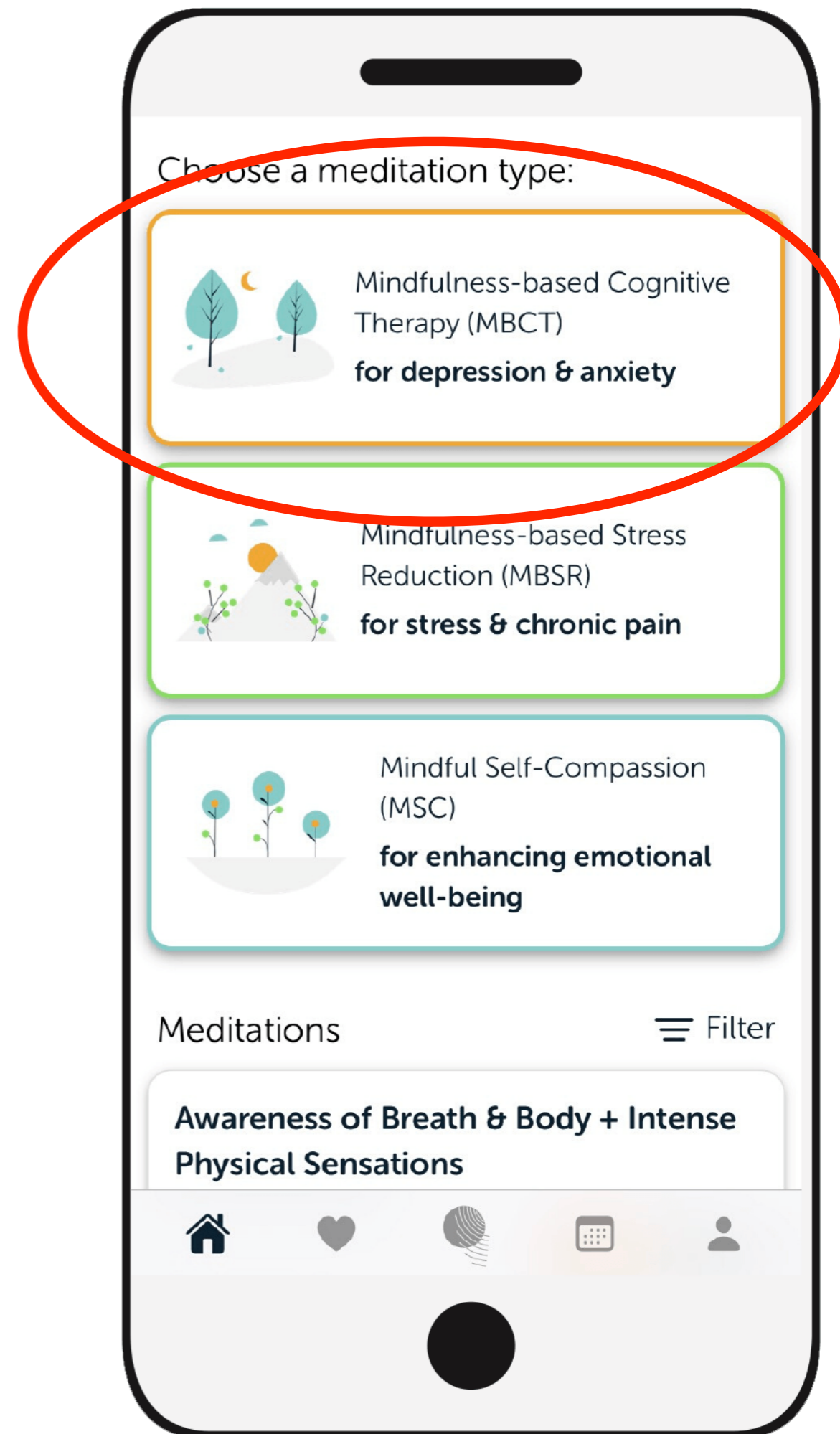
Everyday Mindfulness

- | | | |
|--|--|--|
| <ul style="list-style-type: none">• Washing the dishes | <ul style="list-style-type: none">• Taking a bath | <ul style="list-style-type: none">• Going upstairs |
| <ul style="list-style-type: none">• Loading the dishwasher | <ul style="list-style-type: none">• Doing the laundry | <ul style="list-style-type: none">• Going downstairs |
| <ul style="list-style-type: none">• Taking out the garbage | <ul style="list-style-type: none">• Driving your car | <ul style="list-style-type: none">• Answering the phone |
| <ul style="list-style-type: none">• Brushing your teeth | <ul style="list-style-type: none">• Leaving the house | <ul style="list-style-type: none">• Turning on your computer |
| <ul style="list-style-type: none">• Taking a shower | <ul style="list-style-type: none">• Entering the house | |



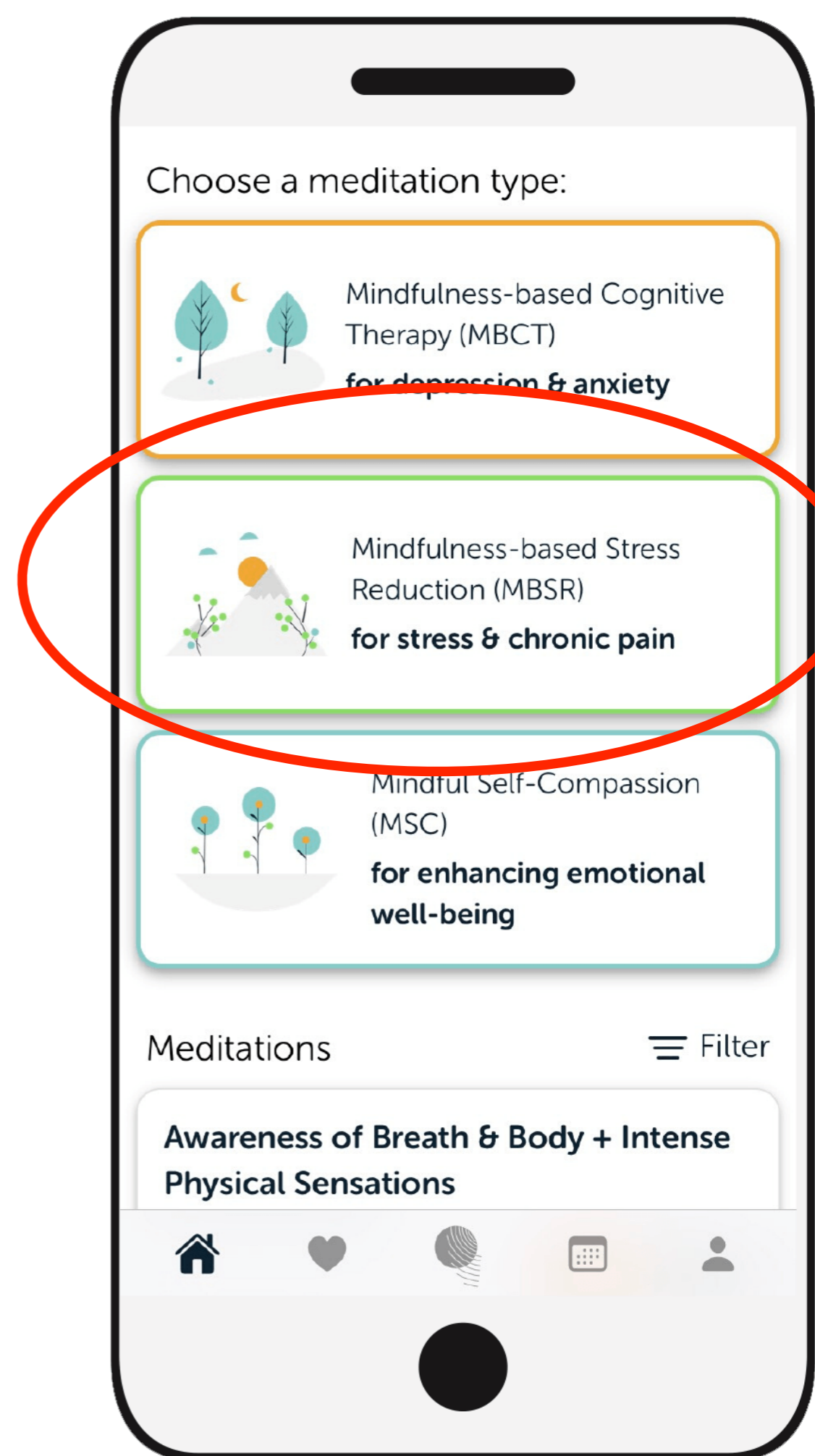
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Mindfulness
Studies

Free

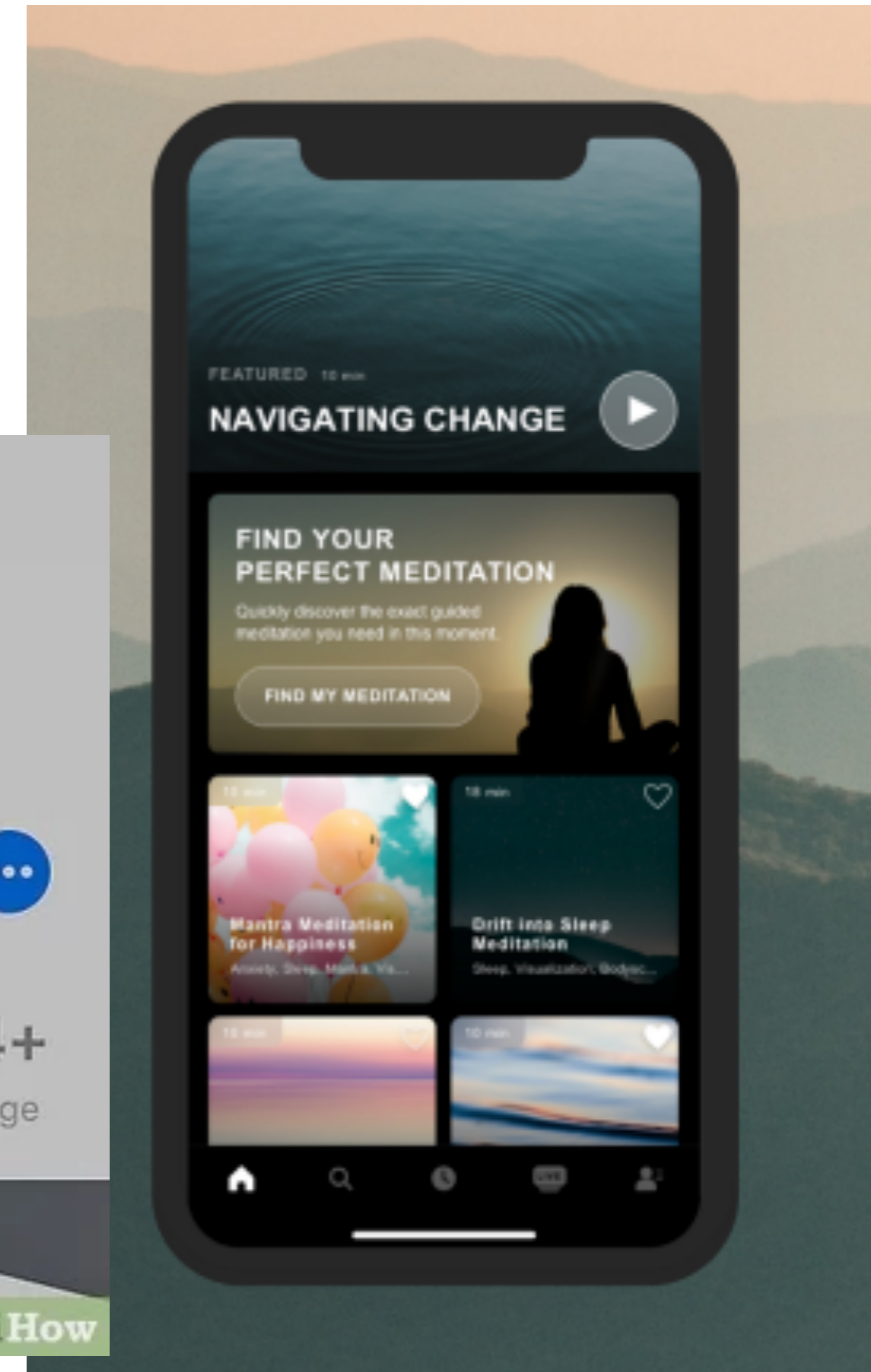
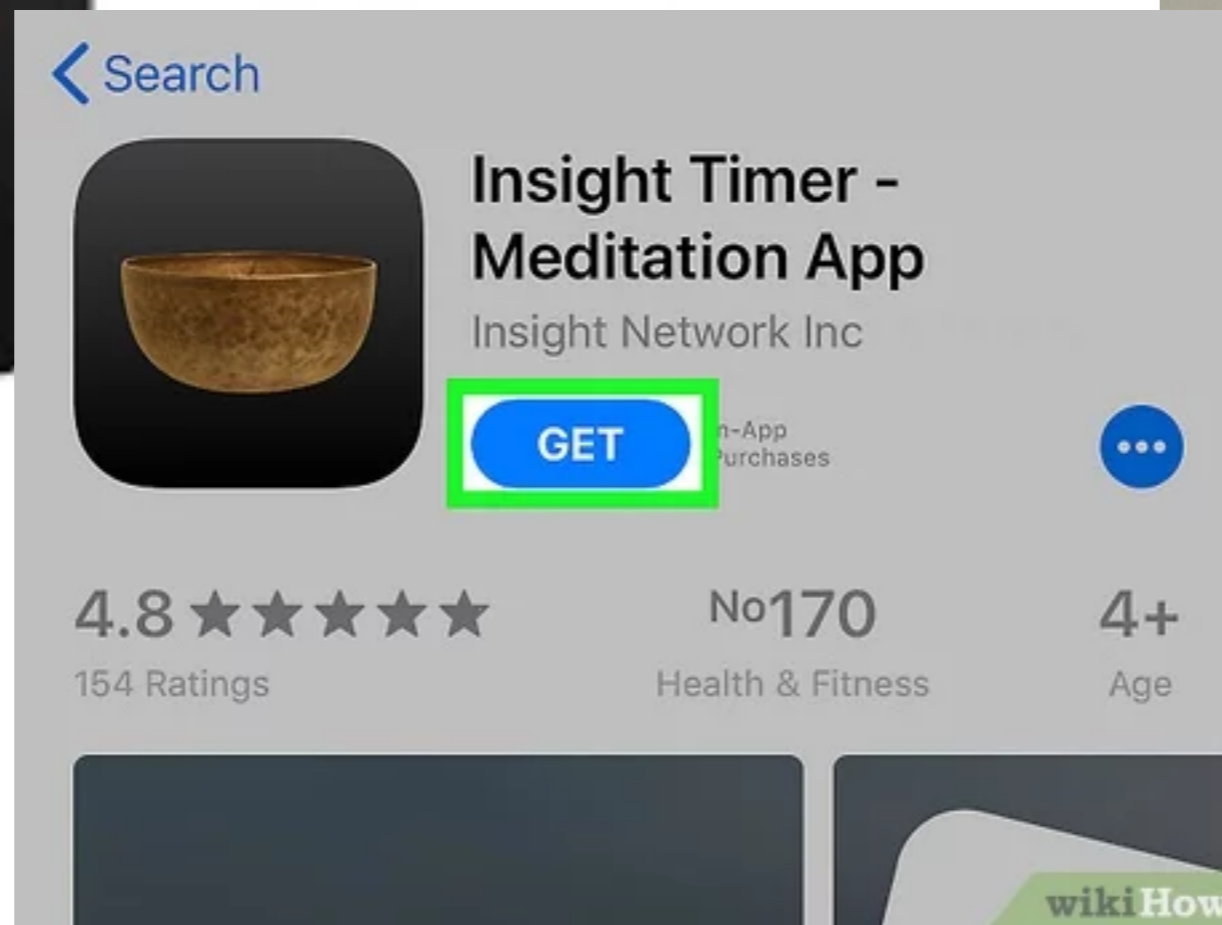




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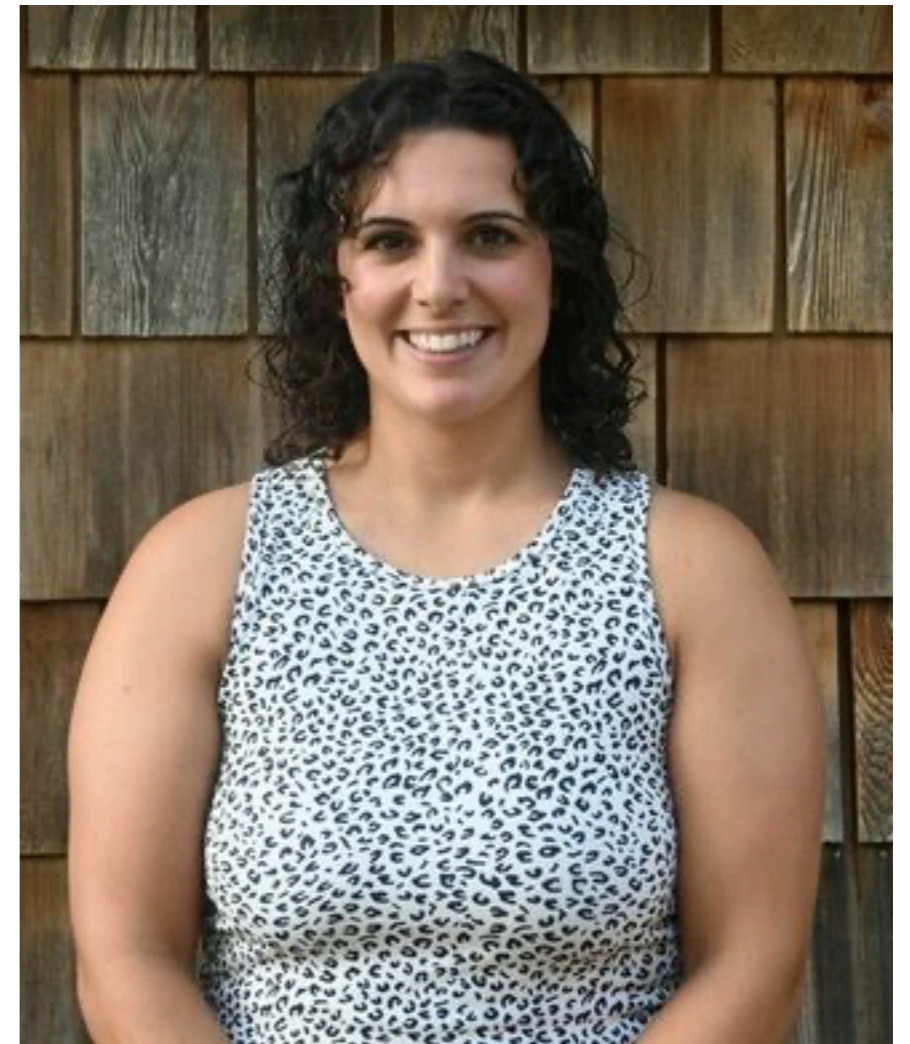


Insight Timer Free content



Adrian Monteiro, Physiotherapist at Helmcken Pain Clinic on Insight Timer!

- Also a trauma informed yoga instructor
- <https://insighttimer.com/audrianamonteiro>



Summary

- Gate Control Theory, and how thoughts and feelings influence chronic pain
- On autopilot, tend to react rather than respond which can open the gate and lead to more pain
- Skills Practice: Mindful Eating, Body Scan and 3 min Breathing Space
 - Help to train the mind to become aware when our attention has drifted and return it to the present moment