

CHRONIC PAIN RESOURCES

VIDEOS

- Understanding Pain and What to Do About It in Less Than 5 Minutes <https://www.youtube.com/watch?v=cLWntMDgFcS>
- PAIN! Physiology - The Ascending Pathway, Descending Pain Pathway and the Substantia Gelatinosa (8 min) <https://www.youtube.com/watch?v=5c8maFAhqlc&t=17s>
- Neuroplasticity made simple: Dr Phil Parker (2 min) <https://www.youtube.com/watch?v=tJ93qXXYRpU>
- Pain. Is it all just in your mind? Professor Lorimer Moseley (49 min) - University of South Australia <https://www.youtube.com/watch?v=-3NmTE-fJSo>
- Lorimer Moseley: Body in Mind: The Role of the Brain in Chronic Pain (24 min) <https://www.youtube.com/watch?v=RYoGXv22G3k&t=55s>
- Howard Schubiner: The Reign of Pain Lies Mainly in the Brain (53 min) <https://www.youtube.com/watch?v=0VyH1laOd2M>
- The Neuroscience of Pain (Amber Richard) <https://vimeo.com/316959076>
- Beth Darnall: Opening the Medicine Box in the Mind: The Psychology of Pain (84 min) <https://www.youtube.com/watch?v=ftmryljU-BE&t=2995s>
- American Chronic Pain Association: Videos <https://www.theacpa.org/video-library/>
- Brain Man Returns: <https://vimeo.com/74825810>
- Article 10 Daily Habits to Ease Chronic Pain https://www.webmd.com/pain-management/ss/slideshow-pain-tips?ecd=soc_fb_08312011_ssbackpain
- MBSR - free resource - <https://palousemindfulness.com/>
- Society For Health Psychology - Pain Resources - <https://societyforhealthpsychology.org/councils-committees/pain-psychology/pain-psychology-interest-group-psychologists/>
- Oregon Pain Guidance: Patient Education Toolkit, has links to infographics and videos: <https://www.oregonpainguidance.org/paineducationtoolkit/>
- Kristen Neff and Chris Germer: Self-Compassion Video Series https://product.soundstrue.com/power-of-self-compassion/free-video-series/?ck_subscriber_id=308697260
- Video on Stages of Grief in Chronic Pain: <https://www.youtube.com/watch?v=a058C3jGL2o>

- [Chronic Pain Management Lecture Series | Alberta Health Services](#)
- [Pain Education Archive | Pain Society of AB](#)

ONLINE READING

- [Pain Toolkit](#)
- Self Compassion Exercises: <https://self-compassion.org/category/exercises/#exercises>
- Vidyamala Burch - Lives with Chronic Pain and developed Mindfulness-based Pain & Illness Management (MBPM) - Resources and audio: <https://www.vidyamala-burch.com/copy-of-resources>
- Recovery Strategies: Pain Guidebook (Greg Lehman)
 - Link to Website: <http://www.greglehman.ca/recovery-strategies-pain-guidebook>
 - Link to PDF of book: <https://static1.squarespace.com/static/57260f1fd51cd4d1168668ab/t/594964426a4963370e76990a/1497982233437/recovery+strategies+final+book+june+2017.pdf>
- Pain is Weird (Paul Ingraham) <https://www.painscience.com/articles/pain-is-weird.php>
- Chronic Pain Association of Canada: <https://chronicpaincanada.com/>
- Institute for Chronic Pain Blog - extensive list of resources <https://www.instituteforchronicpain.org/resources/educational-links>
- Curable Health blog <https://www.curablehealth.com/blog>
- CDC on Chronic Pain and Opioids <https://www.cdc.gov/opioids/patients/index.html>
- National Sleep Foundation - Pain and Sleep <https://www.sleepfoundation.org/articles/pain-and-sleep>
- US Department of Veterans Affairs: Center for Integrated Healthcare - click on Patient Education tab and scroll down to pain section https://www.mirecc.va.gov/cih-visn2/clinical_resources.asp
- "How The Brain Shapes Pain And Links Ouch With Emotion" <https://www.npr.org/sections/health-shots/2019/05/20/724136568/how-the-brain-shapes-pain-and-links-ouch-with-emotion>
- "Exercising To Ease Pain: Taking Brisk Walks Can Help" <https://www.npr.org/sections/health-shots/2019/09/23/754869132/exercising-to-ease-pain-taking-brisk-walks-can-help>

- “Meditation Reduced The Opioid Dose She Needs To Ease Chronic Pain By 75%” <https://www.npr.org/sections/health-shots/2019/11/11/743065892/meditation-reduced-the-opioid-dose-she-needs-to-ease-chronic-pain-by-75>
- BC Association for Living Mindfully Resources: <https://www.bcalm.ca/resources/online-resources/>
- Pain BC <https://painbc.ca/find-help/learn>
- Pain BC Toolbox: <https://s3.amazonaws.com/liveplanbe-production-file/PainBC-PainToolbox-2016-Digital.pdf>
- Live Plan Be: <https://www.liveplanbe.ca/pain-education/pain-basics>
- Pain Canada: <https://www.paincanada.ca/resources/resources-for-people-with-pain>
- Here to Help BC - Mental health and Substance Use Resources (not chronic pain specific): <https://www.heretohelp.bc.ca/>
- Self Help Resources for Mental Health Problems - excellent worksheets: <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>
- Healing Through Reading: <https://www.bibliotherapy.ca/>
- Grief in Chronic Pain: <http://www.jennifermartinpsych.com/yourcolorlooksgoodblog/2015/4/27/psychological-stages-of-chronic-illnesschronic-pain>
- [Online Learning Resources | Arthritis Society Canada](#)

BOOKS

- “A Liberated Mind - How to Pivot Towards What Matters” by Steven C. Hayes, originator of ACT
- “Explain Pain” by Moseley & Butler
- “Why do I hurt?” by Louw
- “The Mindfulness Solution to Pain: Step-by-Step Techniques for Chronic Pain Management” by Jackie Gardner-Nix and Jon Kabat-Zinn
- “The Pain Survival Guide” by Dennis Turk and Frits Winter
- “Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain Paperback” by Dahl, Lundgren, and Hayes

- “Managing Pain Before It Manages You”, fourth edition by Margaret A. Caudill
“Full Catastrophe Living: Using the wisdom of your body and mind to face stress, pain, and illness” by Jon Kabat-Zinn
- “Wherever You Go There You Are” by Jon Kabat-Zinn
- “The Mindful Self-Compassion Workbook” by Kristin Neff and Christopher Germer
- “The Way Out” by Gordon and Ziv
- “Outsmart Your Pain: Mindfulness and Self-Compassion to Help You Leave Chronic Pain Behind” by Christiane Wolf M.D., Ph.D.
- “You Are Not Your Pain: Using Mindfulness to Relieve Pain, Reduce Stress, and Restore Well-Being---An Eight-Week Program” by Burch and Penman
- “Mindfulness Meditation for Pain Relief: Guided Practices for Reclaiming Your Body and Your Life”, Audio CD by Jon Kabat-Zinn

APPS

- ACT Coach Free https://www.ptsd.va.gov/appvid/mobile/actcoach_app_public.asp
- ACT Companion app by Russ Harris (one time fee): <https://www.actcompanion.com/>
- Mindfulness Coach (mindfulness) - Free https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp
- Insight Timer - Free - <https://insighttimer.com/>
- Curable Health (chronic pain self-management) (monthly cost) <https://www.curablehealth.com/>
- CBT I Coach - for Insomnia: https://www.ptsd.va.gov/appvid/mobile/cbticoach_app_public.asp
- Breathe Easy - Paced Breathing: <https://apps.apple.com/ca/app/breathe-easy-paced-breathing/id1081000353>
- Smiling Mind - Free - designed by educators and psychologists to make mindfulness practice easy, light and enjoyable. For children, adolescents and adults: <https://www.smilingmind.com.au/smiling-mind-app>

PODCASTS

- Chronic Pain Association of Canada Podcast “The Pain Pod”: <https://chronicpaincanada.com/>
- PainBC Podcast: Pain Waves <https://www.spreaker.com/show/pain-waves>
- Your Partners in Pain (Saskatchewan Based): <https://feeds.transistor.fm/your-partners-in-pain>
- Curable Podcast: Like Mind, Like Body <https://www.curablehealth.com/podcast>

MINDFULNESS AUDIO RECORDINGS

- ACT audio including Dropping Anchor and Mindfulness with Russ Harris: <https://www.actmindfully.com.au/free-stuff/free-audio/>
- Audio Guides from Outsmart Your Pain Mindfulness and Self-Compassion to Help You Leave Chronic Pain Behind by Christiane Wolf M.D., Ph.D. <https://www.christianewolf.com/oyp/audio/>
- UC San Diego Center for Mindfulness - Guided Audio and Video <https://cih.ucsd.edu/mindfulness/guided-audio-video>
- UCLA Health - Free Guided Meditations in multiple languages. Also has an App. https://www.uclahealth.org/marc/body.cfm?id=22&iirf_redirect=1
- BC Association for Living Mindfully <https://www.bcalm.ca/bcalm-meditation-audio-tracks/>
- Dartmouth Student Wellness Center – Guided Recordings <https://students.dartmouth.edu/wellness-center/wellness-mindfulness/mindfulness-meditation/guided-recordings>
- The Mindfulness Solution – Download Meditations <http://mindfulness-solution.com/DownloadMeditations.html>
- VA Salt Lake City Health Care System – Mindfulness & Meditation Exercises <https://www.va.gov/salt-lake-city-health-care/programs/mindfulness-meditation-exercises/>
- VA Salt Lake City Health Care System – Mindfulness Resources <https://www.va.gov/salt-lake-city-health-care/programs/mindfulness-center-resources/>
- Bull Publishing Company: Enhanced Pain Management CD by Beth Darnall <https://www.bullpub.com/enhanced-pain-management-cd-or-mp3.html>
- Self Compassion Break - <https://insighttimer.com/kristinneff/guided-meditations/providing-self-compassion-break>

- Dropping Anchor: <https://insighttimer.com/drleedavid/guided-meditations/dropping-anchor-in-a-storm>
- Mountain Meditation: <https://insighttimer.com/alikatz/guided-meditations/mountain-meditation-15>
- How to do Somatic Tracking: <https://www.youtube.com/watch?v=8mQndLqK31E>
- Somatic Tracking: <https://insighttimer.com/ckयोग/guided-meditations/somatic-tracking-for-chronic-pain>

SUPPORT GROUP

- PainBC Pain Support and Wellness Groups: <https://painbc.ca/find-help/support-programs/pain-support-wellness-groups>

MINDFULNESS GROUPS AND PROGRAMS

- Mindfulness Based Stress Reduction (MBSR)
 - Free MBSR resource - <https://palousemindfulness.com/>
 - A reputable MBSR option: <https://www.soundstrue.com/products/the-mbsr-home-study-course> (currently on sale as of December 4, 2022)
 - Also options (for a fee) in person in some locations or other options online
- BC Association for Living Mindfully Drop in Meditation Groups: <https://www.bcalm.ca/what-we-offer/drop-in-meditation/>
- Mindfulness: Weekly drop in meditation with Jean Leonard, PhD, Wednesdays, 12-1 pm, MST: <http://www.jeanleonardphd.com/free-drop-in-virtual-meditation-group/> Wednesdays, 12-1 pm, MST

GROUP BASED PROGRAMS - PUBLICLY FUNDED

- Mind Space - Skills for Wellbeing <http://mind-space.ca/> - MSP funded, requires a physician referral. Offers free many free groups virtually. High quality, evidence based program.
- Level 1 groups: CBT Skills foundations, Raising Resilient Kids Group for parents with children aged 0-6 years, Skills for ADHD

- Level 2 groups (must take CBT Skills Foundations first): Mindfulness Based Cognitive Therapy (MBCT), Introduction to Mindfulness, Values, Self-Compassion, Perfectionism and Procrastination, and CBT for Insomnia

INDIVIDUAL RESOURCES FOR CHRONIC PAIN In BC

- Pain BC has a support line that can connect patients with MANY resources including individual supports. Call the Pain Support Line at 1-844-880-PAIN, or connect by email or schedule a call. More info: <https://painbc.ca/find-help/pain-support-line>
- Guided Gentle Exercise Free Online: <https://painbc.ca/gentle-movement-at-home>
- Chronic Pain and Mental Health Self Management: <https://www.keltyskey.com/>
- Chronic Pain Information and Self Management: <https://liveplanbe.ca/>
- Referral Based Coaching Program to Self-Learn CBT: <https://bouncebackbc.ca/>
- *Please note: This is not an endorsement of any of therapists below. These websites are provided as a way for you to search for therapists in your area. Please utilize your discretion and request the information you need to make an informed decision before working with any therapist/counsellor
 - Pain Reprocessing Therapy - can search site for therapists in British Columbia <https://www.painreprocessingtherapy.com/>
 - Chronic Pain Counsellors in BC <https://counsellingbc.com/counsellors/practice/chronic-pain-111>
 - Chronic Pain Therapists in BC <https://www.psychologytoday.com/ca/therapists/british-columbia?category=chronic-pain>
 - BC Psychological Association (BCPA) www.psychologists.bc.ca
 - If formally employed, check if you have access to an employee assistance program (EAP) for coverage

PACING

- Pacing videos: https://www.youtube.com/watch?v=AtDUiXrI0O8&feature=youtu.be&list=PLi1tOF1I5ZoWqXee-bkFpS4srhyDz_W17
- The importance of pacing in pain management <https://www.youtube.com/watch?v=O0oX-TGHEB4>
- Jason Parry Practical Pacing and Fatigue Management <https://www.youtube.com/watch?v=YxfkWAPMdg8>

- Australian website about persistent pain, pacing and goal setting <https://painhealth.csse.uwa.edu.au/pain-module/pacing-and-goal-setting/>

RESOURCES FOR FAMILIES OF PEOPLE LIVING WITH CHRONIC PAIN

Family Caregivers of BC (FCBC): <https://www.familycaregiversbc.ca/>

CRISIS RESOURCES

- Crisis Support in BC: <https://crisiscentre.bc.ca/get-help/>
- Vancouver Island Crisis Resources
 - Crisis Line: 1-888-494-3888
 - Crisis Chat: www.vicrisis.ca
 - Crisis Text: 250-800-3806
- Call 911 or proceed to the nearest emergency department

This list of resources was adapted and updated from work by Lynn Barck, PT, Sofia Chernoff, PsyD, Tamara Dangerfield, MPT, Caroline Kelley, PsyD, Maureen McGrath, DPT, Akiko Okifuji, PhD, Joshua Turner, DPT, Davis VanderVeen, PhD.

put life back in your life

Join a free health program and become an expert self-manager!

Chronic Pain Tool Kit for Active Living

Daily challenges of living with chronic pain can be difficult. Take a free program that provides skills and gives greater confidence in the ability to manage chronic pain and helps people improve their quality of life.

Two programs to choose from:



Tool Kit for Active Living

OR

Tool Kit for Active Living + Calls

For the independent self-starter. Receive a Tool Kit for self-paced learning.

Tool Kit Contents:

- ✓ *Living a Healthy Life* book
- ✓ *Relaxation for Mind and Body* CD
- ✓ An exercise CD
- ✓ A self-test and accompanying booklet
- ✓ Tips sheets on important self-management tools

Receive the same Tool Kit, **AND**

Participate in 6 weekly calls with a small group, either by phone or computer audio

Calls are 30-45 minutes, once per week for 6 weeks

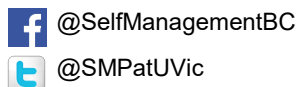
Learn tools, tips and strategies with others, while setting yourself a goal to achieve.

Contact Self-Management BC

www.selfmanagementbc.ca | selfmgmt@uvic.ca | Toll Free: 1-866-902-3767

Programs are open to adults living with one or more ongoing health conditions.

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