

Self-Management of Chronic Pain: Further Resources

Books

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.

Jeffers, S. (2007). *Feel the fear and do it anyway*. New York: Random House.

Wehrenberg, M. (2012). *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

Bower, S. A., & Bower, G. H. (2004). *Asserting yourself: A practical guide for positive change*. Reading, MA: Perseus Books.

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

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

Chronic Pain Self-Management

Caudill, M. (2008) (3rd 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.

Tearnan, B. H. (2007). *10 simple solutions to chronic pain: How to stop pain from controlling your life*. Oakland, CA: New Harbinger. (Available only in Kindle & various sellers)

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

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.

Explaining Pain & Neuroplasticity

Butler, D. & Moseley, L. (2003). *Explain pain*. Adelaide, Australia: Noigroup Publications. (Available only in Kindle & various sellers)

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

Doidge, N. (2015). *The brain's way of healing: Remarkable discoveries and recoveries from the frontiers of neuroplasticity*. New York: Penguin.

Moseley, L. (2007). *Painful Yarns: Metaphors & stories to help understand the biology of pain*. Canberra, Australia: Dancing Giraffe Press. (Available only in Kindle & various sellers)

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

Grief & Loss

James, J.W. & Friedman, R. (1998). *The grief recovery handbook. The action program for moving beyond death, divorce, and other losses*. New York: Harper Perennial.

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

Habits and Change

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.

Mindfulness Meditation & Self-Compassion

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

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

Kabat-Zinn, J. (2013) (Rev. Ed). *Full catastrophe living: Using the wisdom of your body and mind to face stress, pain, and illness*. New York: Bantam Dell.

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

Blustein, Phil (2015). *Mindfulness medication: A physician's prescription for stress relief*. Calgary, AB: Mindfulness Medication Publishing. (Free e-book on www.thebreathproject.org)

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.

Gilbert, D (2007). *Stumbling on happiness*. Toronto: Random House.

Relaxation & Stress Management

Davis, M., Eshelman, E. R., & McKay, M. (2008) (6th Ed). *The relaxation and stress reduction workbook*. Oakland, CA: New Harbinger.

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

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 (a provincial website on a wide range of health topics - 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 (Canadian Sites)

www.chronicpaincanada.com (Chronic Pain Association of Canada)

www.canadianpaincoalition.ca (Canadian Pain Coalition)

www.canadianpainsociety.ca (Canadian Pain Society)

www.painbc.ca (Pain BC)

www.cirpd.org (Canadian Institute for the Relief of Pain and Disability)

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

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

Chronic Pain (U.S.A. Sites)

www.ampainsoc.org (American Pain Society)

www.painfoundation.org (American Pain Foundation)

Chronic Pain (International Sites)

www.iasp-pain.org (International Association for the Study of Pain)

www.painhealth.csse.uwa.edu.au (Pain Health Western Australia)

Headache Pain

www.headachenetwork.ca (Headache Network Canada)

www.americanheadachesociety.org (American Headache Society)

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

Pelvic Pain

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

www.nva.org (National Vulvodynia Association)

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)

Explaining Pain

www.youtube.com/watch?v=4b8oB757DKc (Understanding pain: What to do about it in less than 5 minutes, Hunter Integrated Pain Service) (or go to Google YouTube and type in “*understanding chronic pain five minutes*”)

<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)

www.ted.com/talks/elliott_krane_the_mystery_of_chronic_pain.html (Elliot Krane, pediatric anesthesiologist, Stanford)

Dr Mike Evans - Evans Health Lab

www.evanshealthlab.com (Dr Mike Evans is a doctor/professor/person 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*)

On-Line (Web-Based) Learning

Chronic Pain Self-Management

www.painbc.ca/content/workshops-and-webinars-new-education-health-care-providers-and-people-living-pain (Pain BC, 3 one-hour web sessions titled Empowering Self-Management; skills include self-monitoring, pacing, relaxation and reframing; search for a webinar on sleep and chronic pain by Dr Ian Fleming)

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)

Chronic Disease Self-Management

<https://betterchoicesbetterhealth.ca/online/hl/hlMain> (an online workshop based on Stanford University's widely tested chronic disease self-management program)

Anxiety and Depression

www.anxietybc.com (The Anxiety Disorders Association of British Columbia, provides education and resources to address anxiety; and the skills of self-talk/cognitive strategies and relaxation)

www.comh.ca/antidepressant-skills/adult (Centre for Applied Research in Mental Health and Addiction (CARMHA) and BC Mental Health & Addiction Services (BCMHAS), cognitive-behavioral strategies for depression)

Relaxation

Chronic Pain Centre Relaxation CDs (Set of 3 for \$10.00) at CPC1 or CPC2 Reception

myhealth.alberta.ca/alberta/Pages/Relaxation-Audio-Tracks.aspx (Headache Program, Alberta Health Services, various relaxation exercises)

studentsupport.georgiasouthern.edu/counseling/resources/self-help/relaxation-and-stress-management/ (Georgia Southern University Counseling Centre, various relaxation exercises)

Mindfulness Meditation & Self-Compassion

www.mindfulnesscalgary.ca (A Mindfulness Interest Group in Calgary, site hosted by U of C, provides members names, links, poetry, readings, programs, research)

Mindfulness Meditation & Self-Compassion (continued)

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

www.thebreathproject.org (Dr. Phil Blustein MD, FRCP Gastroenterologist, Calgary)

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.mindfulselfcompassion.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.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)

Sleep

www.albertahealthservices.ca/2790.asp (Lecture series from the AHS Chronic Pain Centre)

www.sleepfoundation.org (Patient friendly information on sleep from the National Sleep Foundation).

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.

Alberta Addiction & Mental Health Research Partnership Program (2017). *Addiction and Mental Health - Mobile Application Directory 2017*. Edmonton, AB: Author (a variety of apps including but not limited to smoking cessation, autism, depression, anxiety, and CBT).

“Stop, Breathe and Think” app (free for iPhones and Android phones)

Mindfulness Classes in the Community (no cost)

Calgary, AB

South Health Campus Wellness Centre, Alberta Health Services. Mindfulness Practice Sessions (403-956-3939).

Wellness through Mindfulness YYC. A group of local practitioners with an interest in mindfulness have created a free group that is suitable for both new and experienced individuals to the practice. Shagannappi Community Hall, 1st Tuesday/3rd Thursday of every month, 7:15 – 9:15 pm. Check it out at facebook.com/wellnessthroughmindfulness

Mindfulness-Based Stress Reduction. Catholic Family Services. Pay what you can – no one will be turned away because of finances. 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.

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 Alexandra Kobalenko at: (mindfulnessmeditation2012@gmail.com)

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

Lending Emotional and Pain Support (LEAPS). Meetings held at the Chronic Pain Centre 2 at the Richmond Road Diagnostic and Treatment Centre site. Email LeapsCalgary@gmail.com.

Calgary Chronic Pain Support Group provides a way to connect with others, share resources, discuss pain related topics and support one another in a constructive positive environment. 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.

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

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.