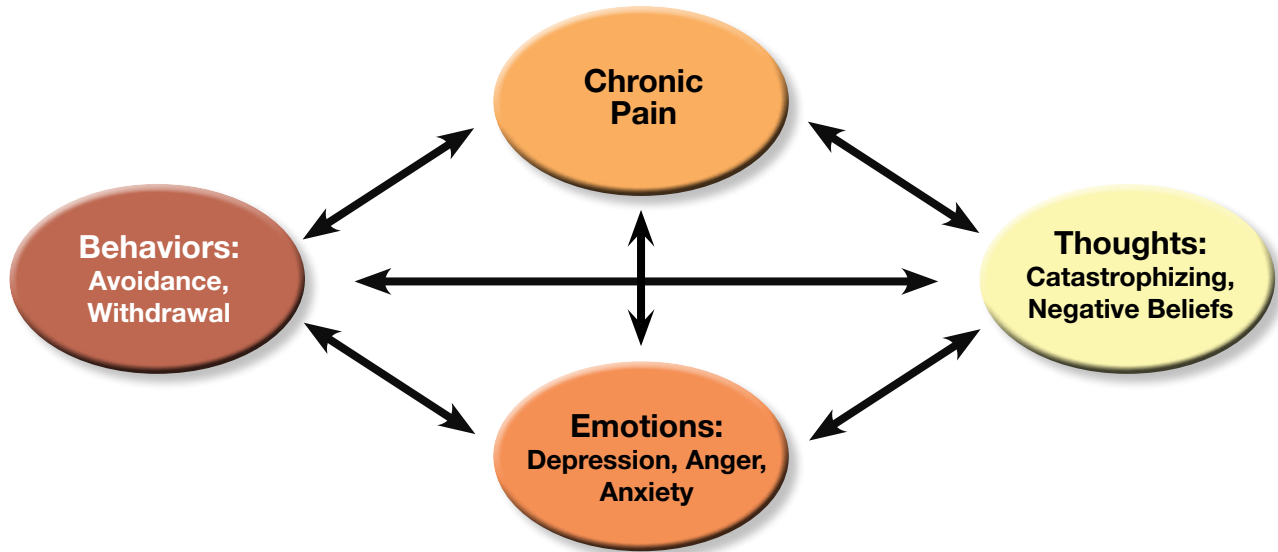


COGNITIVE BEHAVIORAL THERAPY for CHRONIC PAIN (CBT-CP)

Chronic pain may result in patterns of negative thoughts, feelings, and behaviors, which can, in turn, worsen the pain condition! The goal of CBT-CP is to target these maladaptive patterns in thinking and behaving so that alternative, more adaptive, pain coping skills can be learned. CBT-CP empowers individuals struggling with chronic pain to take an active approach to improving their functioning and addressing the negative impact of chronic pain on their lives.

THE CBT-CP MODEL



Remember:

- Chronic pain can impact every part of your life
- CBT-CP allows you to make the necessary changes to get your life back

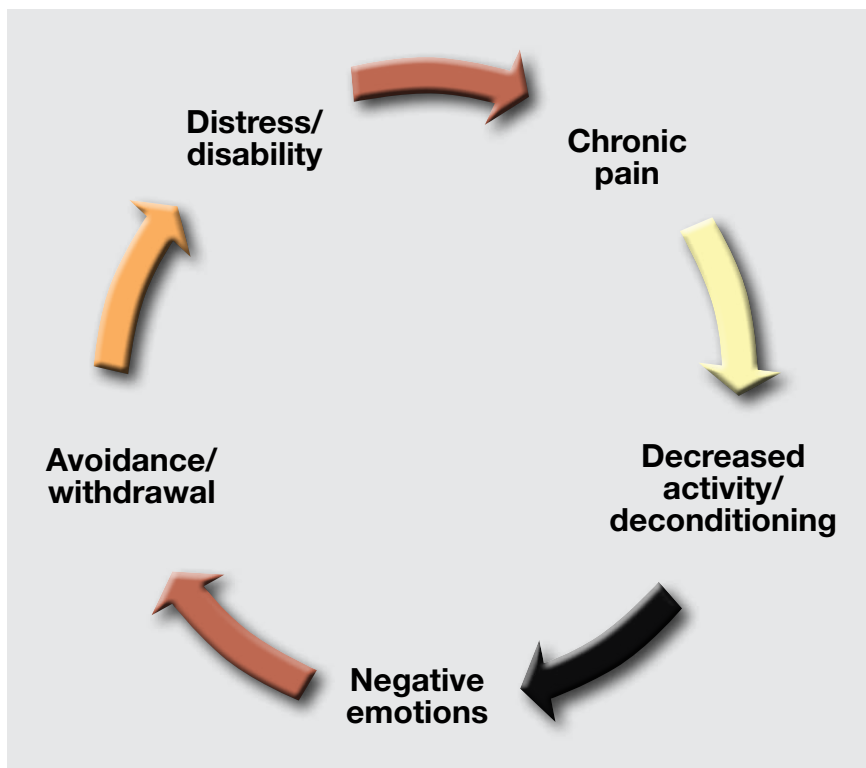
THE CHRONIC PAIN CYCLE

Many with chronic pain fear that movement will increase pain or cause physical damage/injury. This often leads a decrease in activities, which leads to physical deconditioning (e.g., less strength and stamina, weight gain). Dealing with constant pain may also lead to negative thoughts and emotions such as frustration and depression. All of these factors contribute to increased avoidance of people and activities.

While this cycle is understandable for those with chronic pain, it is *not helpful!* In fact, it actually makes your pain and its effects worse over time. Now that we are aware of the cycle, we must learn how to break it.

The Costs of Inactivity

- More pain
- Poorer physical fitness
- Less time with family and friends
- Depressed mood or increased irritability
- Lower self-esteem
- Increased strain on relationships
- Decreased quality of life



Remember: There's **HOPE**

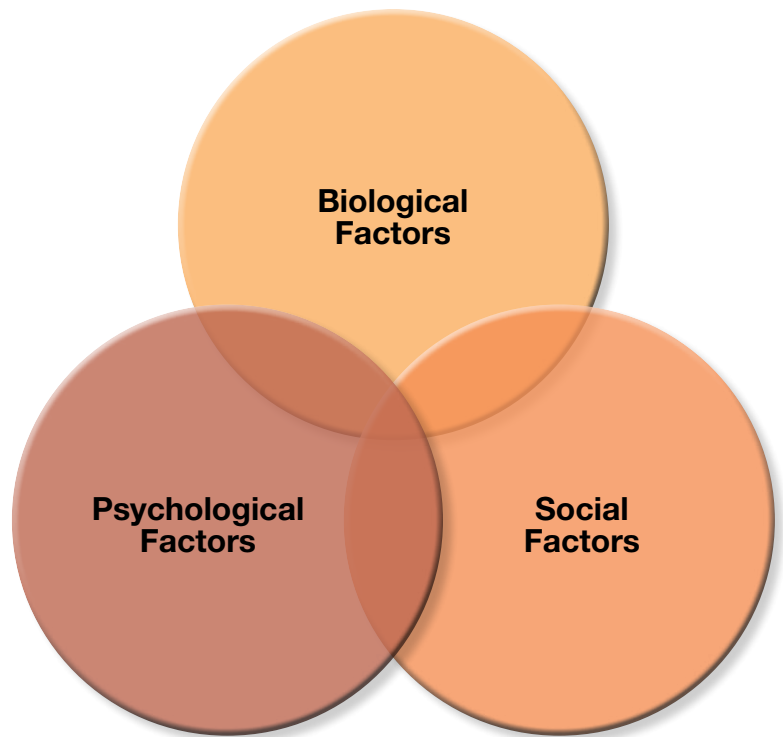
If we understand the cycle, that gives us the power to break it!

FACTORS THAT IMPACT PAIN

Chronic pain touches many parts of your life, and each piece affects others. The interaction between each circle shown here impacts how you feel overall:

- Biological
 - Pain, medical issues
- Psychological
 - Emotions, attention, thoughts
- Social
 - Relationships, job, hobbies

The good news is, while some factors may increase or turn the volume up on pain, other factors may decrease it. And you can decide how to manage many of these factors.



Below are just a few examples of factors that may impact your pain:

Factors That May ↑ Increase Pain	Factors That May ↓ Decrease Pain
<i>Physical Factors</i>	
Degenerative changes	Physical therapy
Muscle tension	Relaxation techniques
<i>Thoughts</i>	
Catastrophizing	Having balanced thoughts
Focusing on pain	Using distraction to focus on other things
<i>Emotions</i>	
Depression or anger	Challenging negative thoughts
Stress/worry/anxiety	Exercise and relaxation techniques
<i>Behaviors</i>	
Under- or over-activity	Using pacing regularly
Lack of involvement in hobbies	Increasing pleasant activities
<i>Social Interactions</i>	
Social isolation	Positive time with family and/or friends
Lack of or too much support from others	Volunteering/community involvement

SMART GOAL SETTING

A SMART goal is set using the following guidelines:

Specific	Identifies a specific action or event that will take place.
Measurable	Should be quantifiable (countable) so progress can be tracked.
Achievable	Should be attainable and realistic given resources.
Relevant	Should be personally meaningful.
Time-Bound	State the time period for accomplishing the goal.

Adapted from Doran, 1981

Short-term goals can be accomplished over the course of the CBT-CP sessions. Once goals are identified, track them on a weekly basis to ensure that progress is occurring. If it is not, make adjustments as needed. For each goal, consider if it fits the SMART criteria listed above. These should be personally meaningful goals that motivate you to complete the CBT-CP program and improve your pain management skills.

Short-Term Goals

1. _____
2. _____
3. _____

Long-term goals are those for the next 6-12 months, or perhaps even longer. Although they will not be accomplished fully during the CBT-CP course, they can be worked towards and are often our most important goals for the future so they can be an important motivator.

Long-Term Goals

1. _____
2. _____
3. _____