



PERMANENTE MEDICINE®
The Permanente Medical Group

Level 3: Intensive Pain Management Class Week 2

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Intensive Pain Management
Program
Level 3 Week 2
Monday Slides

Pacing & Pleasant Activities

Joe Persinger, PhD

Level 3 Class: House Rules and Guidelines

- Be **On Time**
- Come **Every Week**
- Keep Your **Camera On** During Class
- Keep **Muted** when not speaking
- Be **Active and Involved**. use the **Chat** option for comments, or **unmute** yourself and make comments
- Be **Positive** – No Pain Talk
- Respect **Privacy** – be the only one on the room during class. Don't talk about others. No Screen Shots. No Postings
- Walk or Any Aerobic **Exercise** For 30 Mins/Day; OK to split into smaller segments that total 30 mins
- Practice each day the **skills** and concepts you learn in class
- Set at least one **Goal** each week
- **Mindfulness** practice at home minimum 10 min daily sitting and 10 minutes activity

Level 3 Class: Week 2 Monday

More Body Awareness, Pacing

- **Week 1 review:**
 - Skills: Brief Relaxing Breath; 7 Good Things; Mindfulness practice; Goal for the Week
- **Body as adversary to body as ally**
- **Skill #3: Body scan, comfortable part**
- **Pacing**
- **Skill #4: alternate nostril breath**

Level 3 Class: Week 1 Monday

The **CALM** App:

Download the **CALM** app for home relaxation and mindfulness practice

Daily Calm audio, usually about 10 minutes

MEDITATION BUTTON:

7 Days of Calm: basics of mindfulness, 7 audios on meditation, one per day, about 10 minutes each

How to Meditate: more extensive introduction to mindful meditation, 30 audios, 9 to 15 minutes each, once per day for 30 days

SLEEP BUTTON:

Sleep Stories audios of differing lengths

Level 3 Class: Week 1 Monday

Relaxation Skill #2: Gratitude

Practice **7 Good Things** at home – at least twice a day.

- Take a **deep breath in**, smile gently, hold...
- Think of something you **saw** recently. Take a few seconds to feel the pleasure of the memory. Breathe out and think the phrase **“Thank You”**
- Repeat with something you **heard, smelled, tasted, felt through your skin**. Think **“Thank You”** after each one
- Think of **2 other things** in your life you feel appreciative or grateful for

Nervous System Chart



Skills Review

Brief Relaxing Breath



7 Good Things



Mindfulness practice



Goal for the Week

Body Awareness, from Foe to Friend.

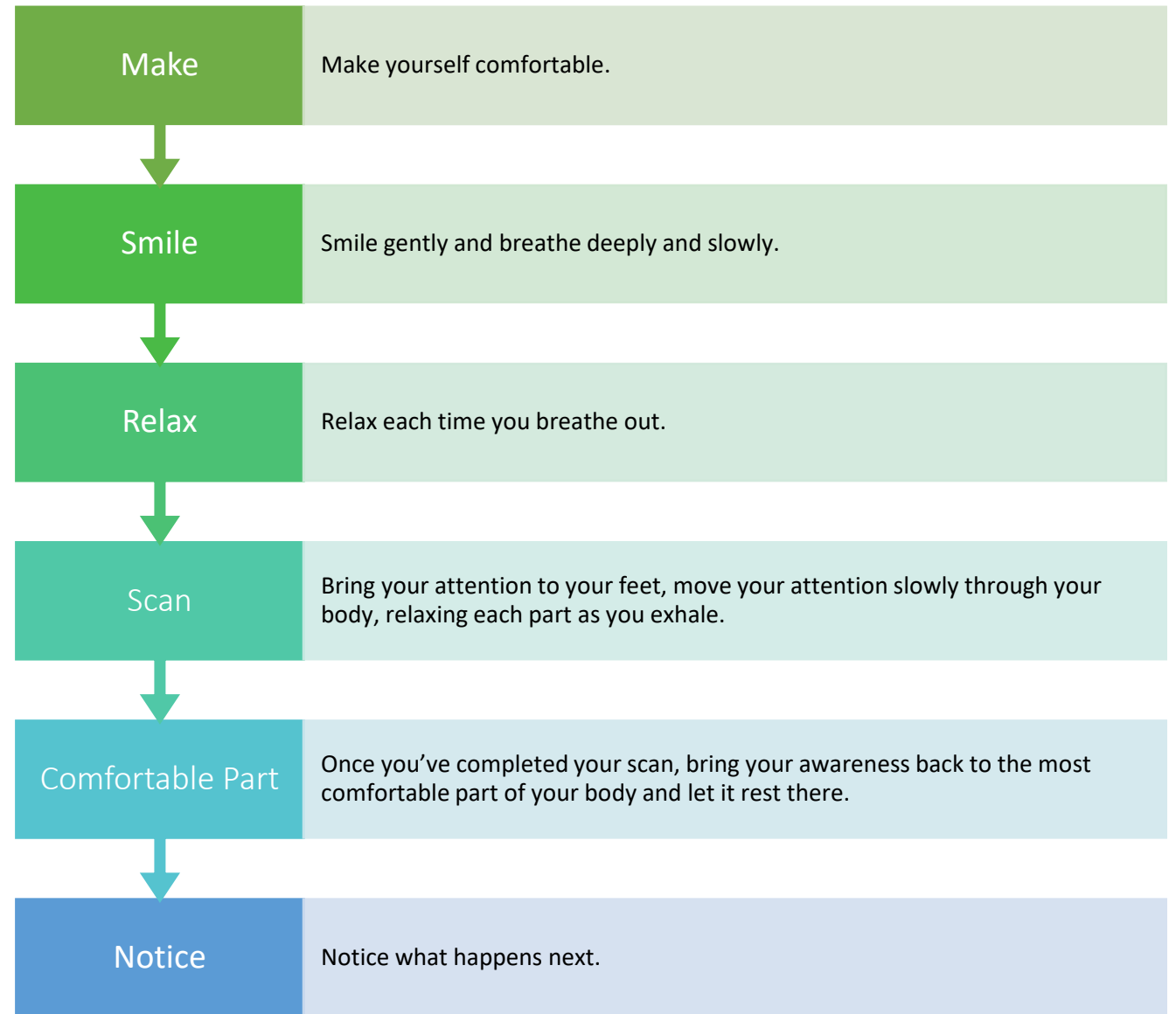
Our nervous system is wired to mainly pay attention to what he is not right

When you have persistent pain, you often focus mainly on the pain, and you overlook the neutral and pleasant sensations coming from your body

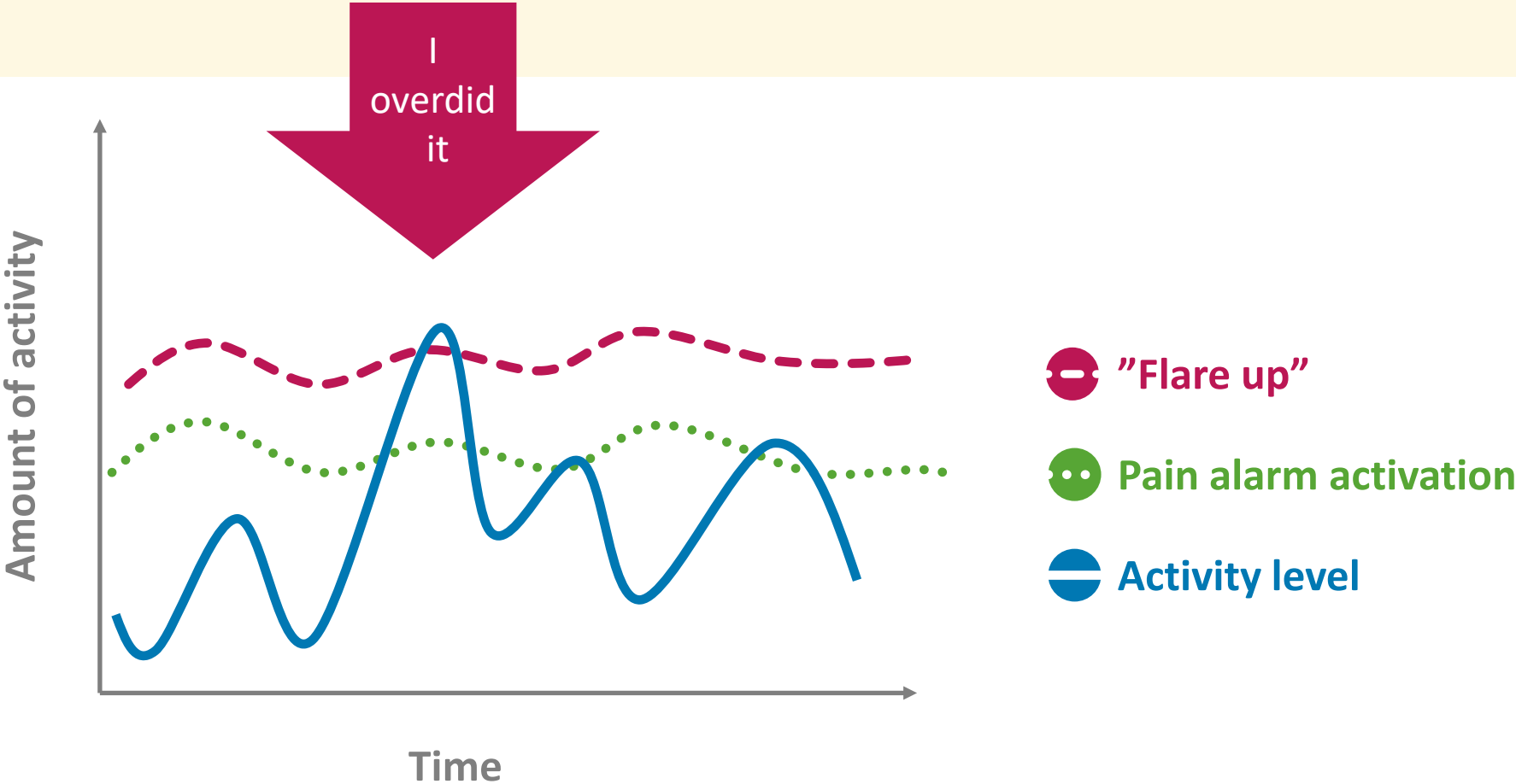
It is important to retrain your awareness to pay more attention to the positive sensations your body is sending you

When you do this, you can change your relationship to your body from adversary to friend and ally

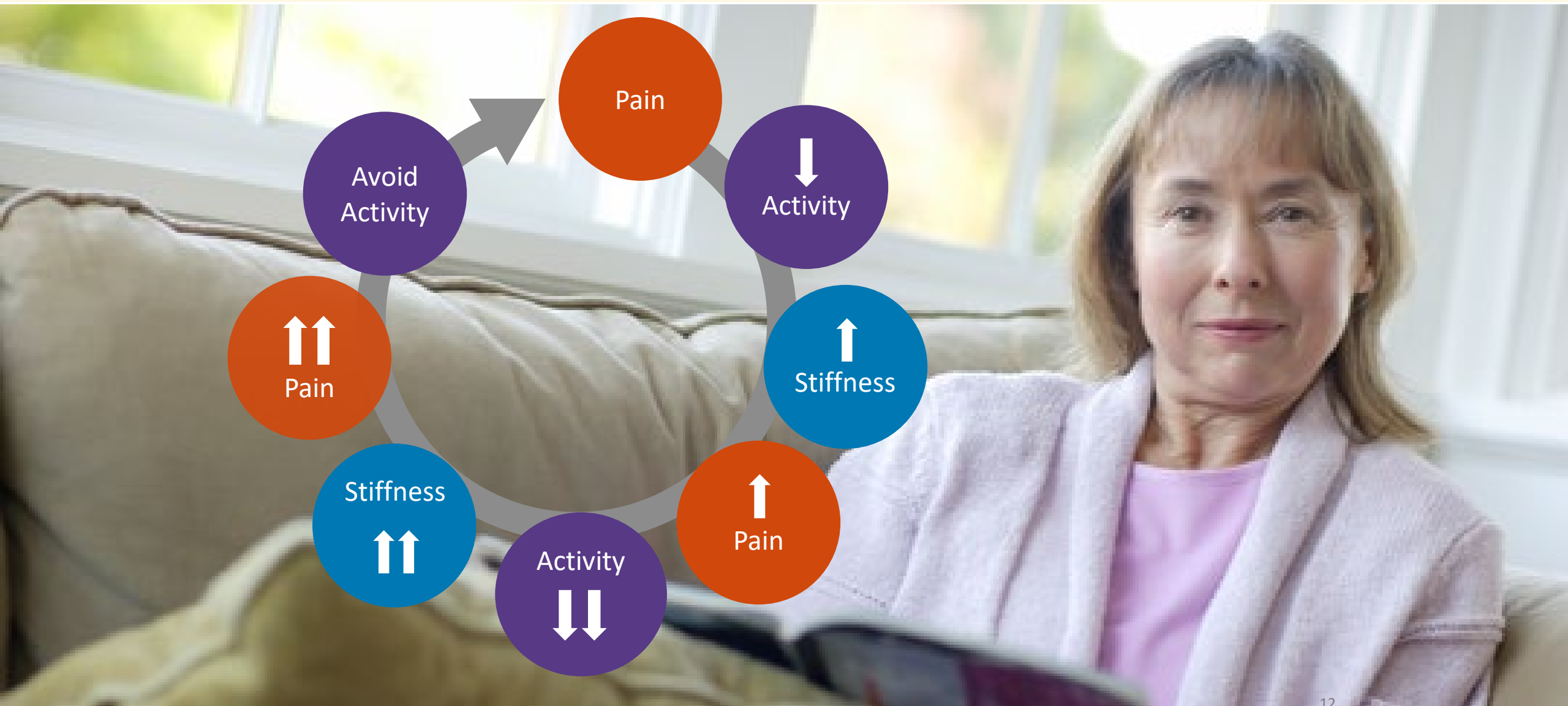
Skill #3: Body Scan



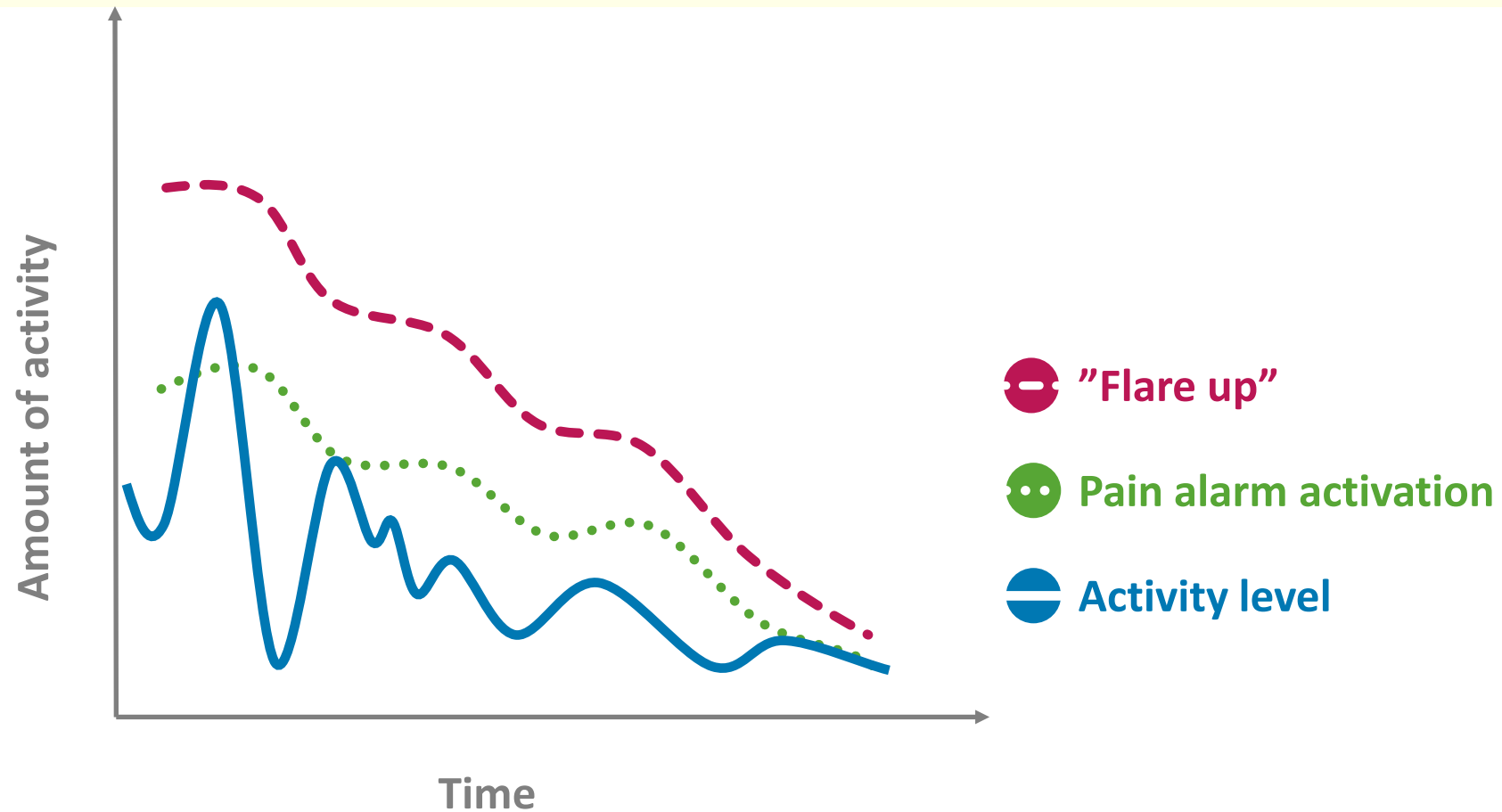
Pacing: What Happens when you Push Through.



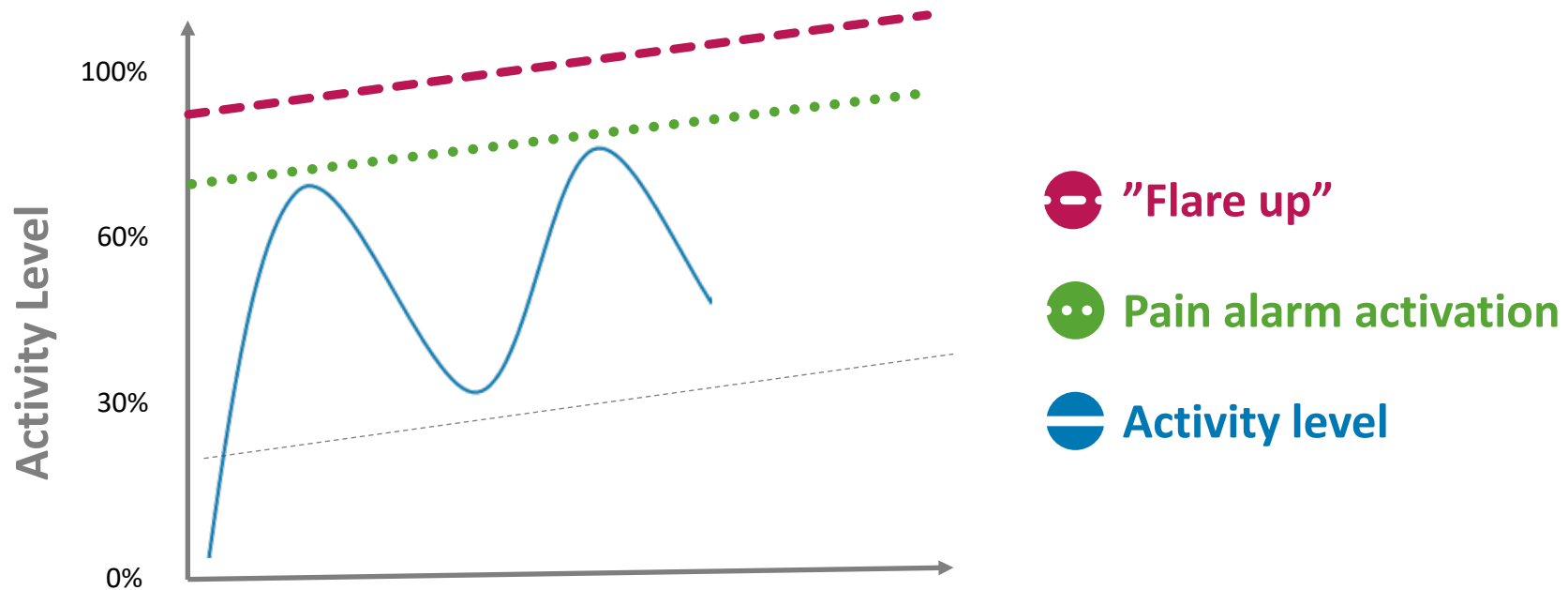
Pacing: What Happens When You Avoid Moving.



The “Excessive Rest” Cycle



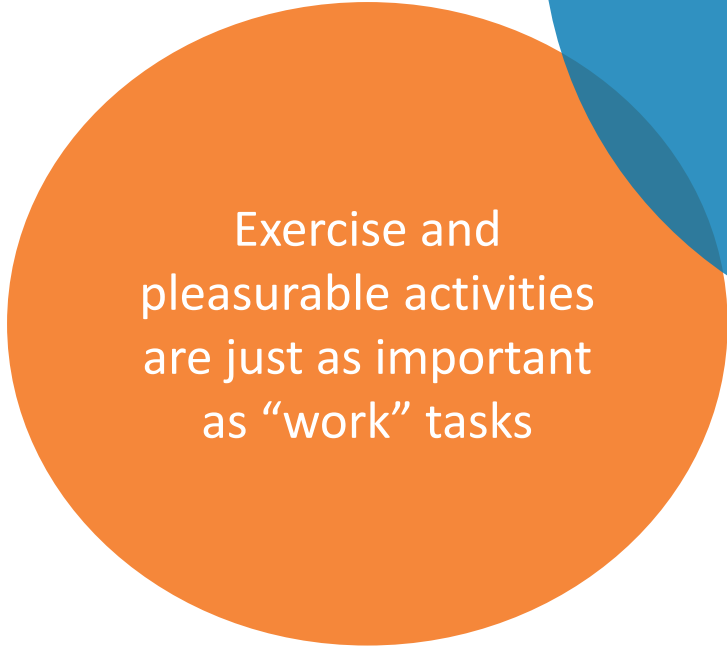
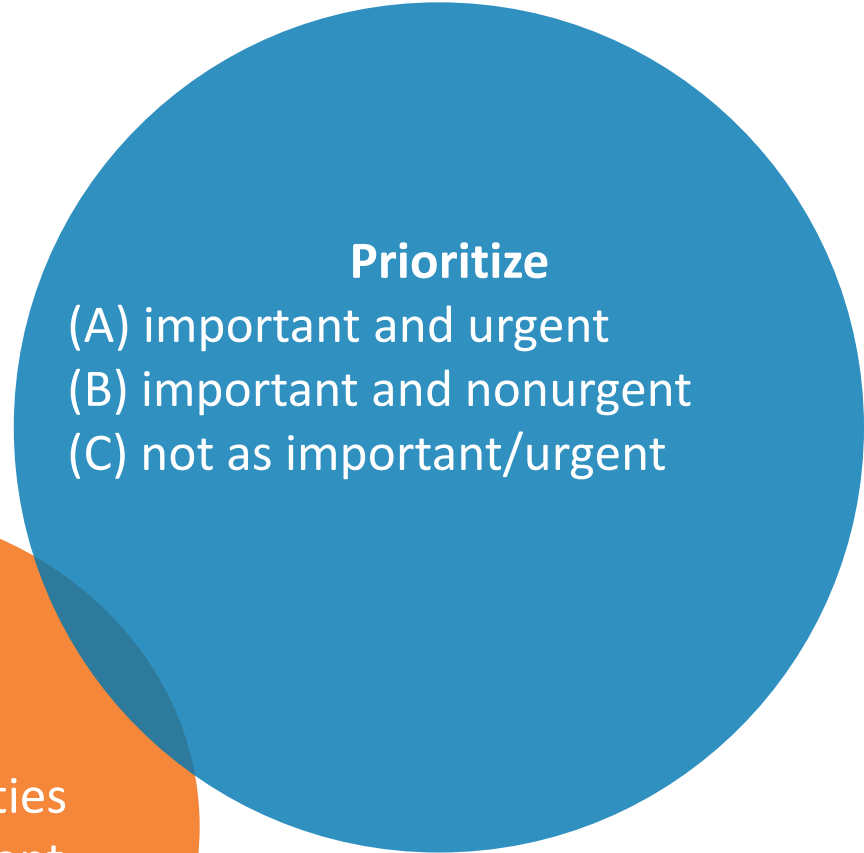
Activity Pattern Using Pacing



- **Activity level using the Two-Point Rule**
- **Micro-Pacing**

Prioritizing

The “Drawers” of Prioritizing
“A” Activities
“B” Activities
“C” Activities



Skill #4: Alternate Nostril Breath

- Sit comfortably
- Using either hand, gently **press** on your **left** nostril just enough to close it
- **Breathe** in and out normally 1 time through your **right** nostril
- Release left nostril and gently **press** on your **right** nostril
- **Breathe** in and out normally 1 time through your **left** nostril
- **Repeat** the left right sequence 4-10 times, until you feel more relaxed

Intensive Pain Management
Program
Level 3 Week 2
Tuesday Slides

Pacing & Pleasant Activities

Judith Bernstein, LCSW

Week 2 Pacing and Stress Management

High Impact
Activity Time

Low Impact
Activity Time

Vacuum
15 min.

Mindfulness

Wash Dishes

Reading
10 min.

Week 2
Pacing and
Stress
Management



Using the 2 notch rule

Use the 10 pt pain scale
to rate your pain level

Week 2
Pacing and
Stress
Management

Planned time management

- Pacing includes which of the following:
- *a) alternating periods of activity with periods of rest*
- *b) breaking large tasks into smaller parts*
- *c) prioritizing activities*
- *d) all the above*



Week 2 Pacing
and Stress
Management

Tips for pacing success

- True or False:
- People can tell we are in pain just by looking at us
- People should know how we feel just by looking at us
- It is my responsibility to communicate my needs, feelings, requests and gratitude



Week 3 Communication

Assertive Communication

I Statements

Intensive Pain Management
Program
Level 3 Week 2
Wednesday Slides

Pacing & Pleasant Activities

with Jenny Clark, LCSW

Barriers to Pacing

What gets in the way?

Pleasant Activities



Things to do

Nature

Smile

Outdoors

Read

Plan a trip

Music

Taste

Play

Swim

Gather

Talk

Write

Sing

Ride

Cook

Listen

Build

Sunbathe

Float

Laugh

Give

Soak

Listen

Run

Laugh

Walk

Watch

Smell



I love to...

Free write and discussion

How does it feel?



The background features several concentric, light blue circles of varying radii. A dashed blue line forms a circle that encloses the text, with a solid blue arrowhead pointing downwards from its left side.

15 minutes
of mindfulness