



PERMANENTE MEDICINE®
The Permanente Medical Group

Level 3: Intensive Pain Management Class Week 4

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Intensive Pain Management
Program
Level 3 Week 4
Monday Slides

Thought Awareness

Joe Persinger, PhD

Level 3 Class: Week 4 Monday

Weeks 3 review: Communications Skills:

- Introduction to Communication
- 3 Parts to an Oral Communication
- 4 Styles of Communication
- “I” Statements
- Positive “I” Statements
- “No” Statements
- 4:1 Ratio
- Greeting Ritual

Level 3 Class: Week 4 Monday

Weeks 1 - 3 Skills review:

- Skill # 1: Brief Relaxing Breath
- Skill # 2: 7 Good Things
- Skill #3: Body Scan, Comfortable Part
- Skill #4: Alternate Nostril Breath
- Skill #5: Breath Waves of Opposite Qualities
- Mindful Sitting
- Mindful Activity
- *Barriers?*

*Autobiography in 5
Parts*

Level 3 Class:
Week 4 Monday
Thought
Distortions

Introduction to Thinking
Errors

Autobiography in 5 Parts

How to Recognize Them

Thought Distortions

- What are They?
 - *Fixed Attitudes and Beliefs about Yourself, Others and Life.*

Thinking Errors:
How to
Recognize Them

They Start in Childhood



Characteristics:

Simplistic
Childlike

Stress-Based

Emotion-
Based

Thinking Errors:
How to
Recognize Them

They Persist unless
Challenged



Characteristics:

Negative-
Focused

Very
Convincing

Not Helpful

Skill #6: Breath Waves of Opposite Qualities:

- Sit comfortably, smile, relax, breathe deeply and slowly.
- Do a body scan, breathing through and relaxing each part.
- Return to an uncomfortable part.
- What are the qualities of that part?
 - Color
 - Warm/cool hot/cold
 - Hard/soft
 - Rough/smooth
 - Light/dark
 - Light/heavy
 - Solid/hollow
 - ...
- Breathe waves of the opposite qualities around and through that part.

Intensive Pain Management
Program
Level 3 Week 4
Tuesday Slides

Thought Awareness

Judith Bernstein, LCSW

Week 4 Thought Awareness


Thinking Distortions

Do you believe your thoughts play a role in your experience of pain?



Week 4 Thought Awareness

What is needed to change thinking distortions?

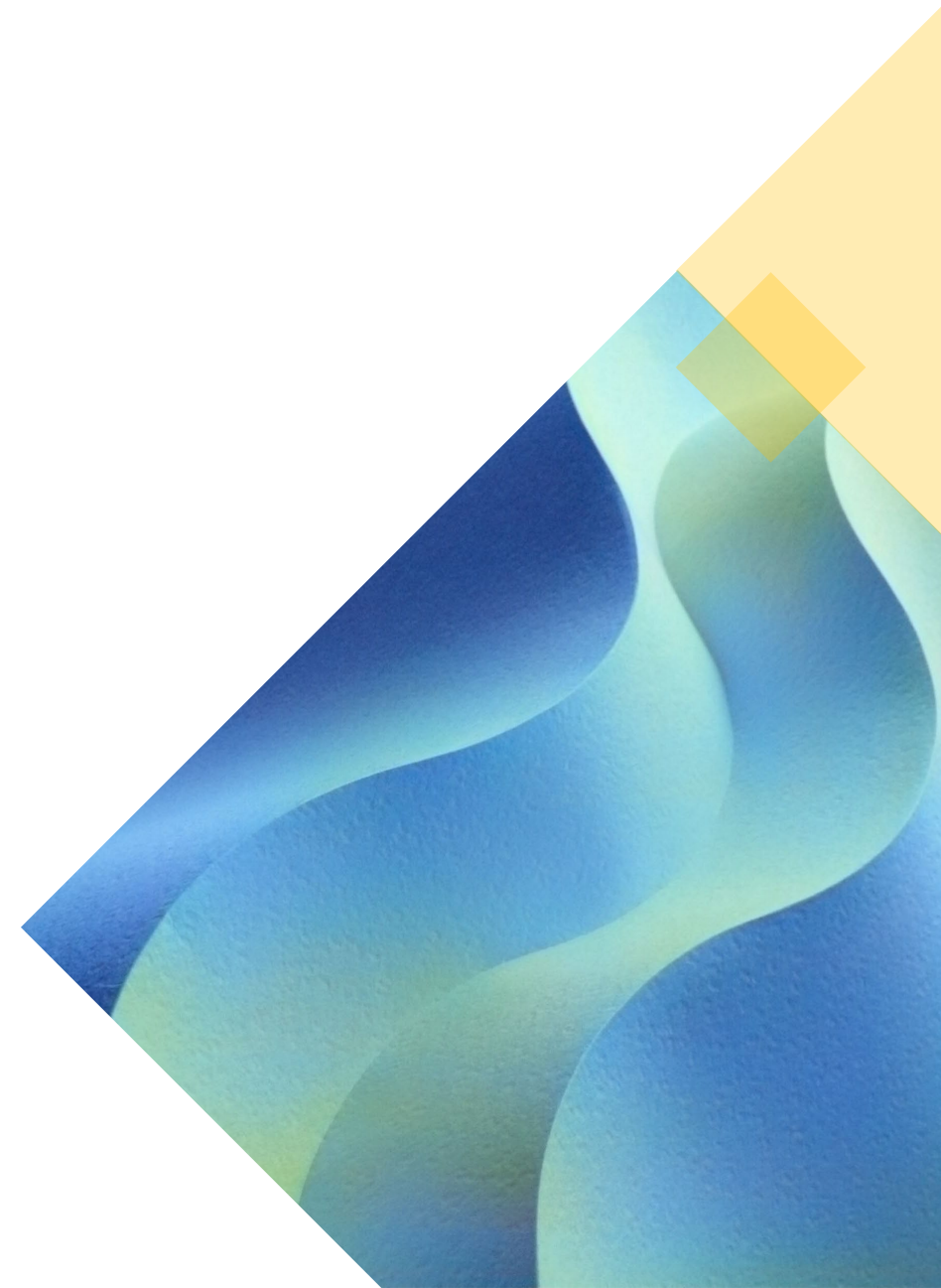


Recognize thought patterns
Challenge negative thoughts

Week 4 Thought Awareness

Rejecting
the Positive

Focusing on
the Negative



Week 4 Thought Awareness



Thinking
Feelings are
Facts



Expecting
Perfection

Week 4 Thought Awareness

Name-calling

Labeling yourself or others with a negative name or stereotype.

*Example: "I'm a loser." "I'm boring."
"Children these days are all undisciplined."*

Week 4 Thought Awareness

1

Feeling
Controlled

2

Feeling all
responsible

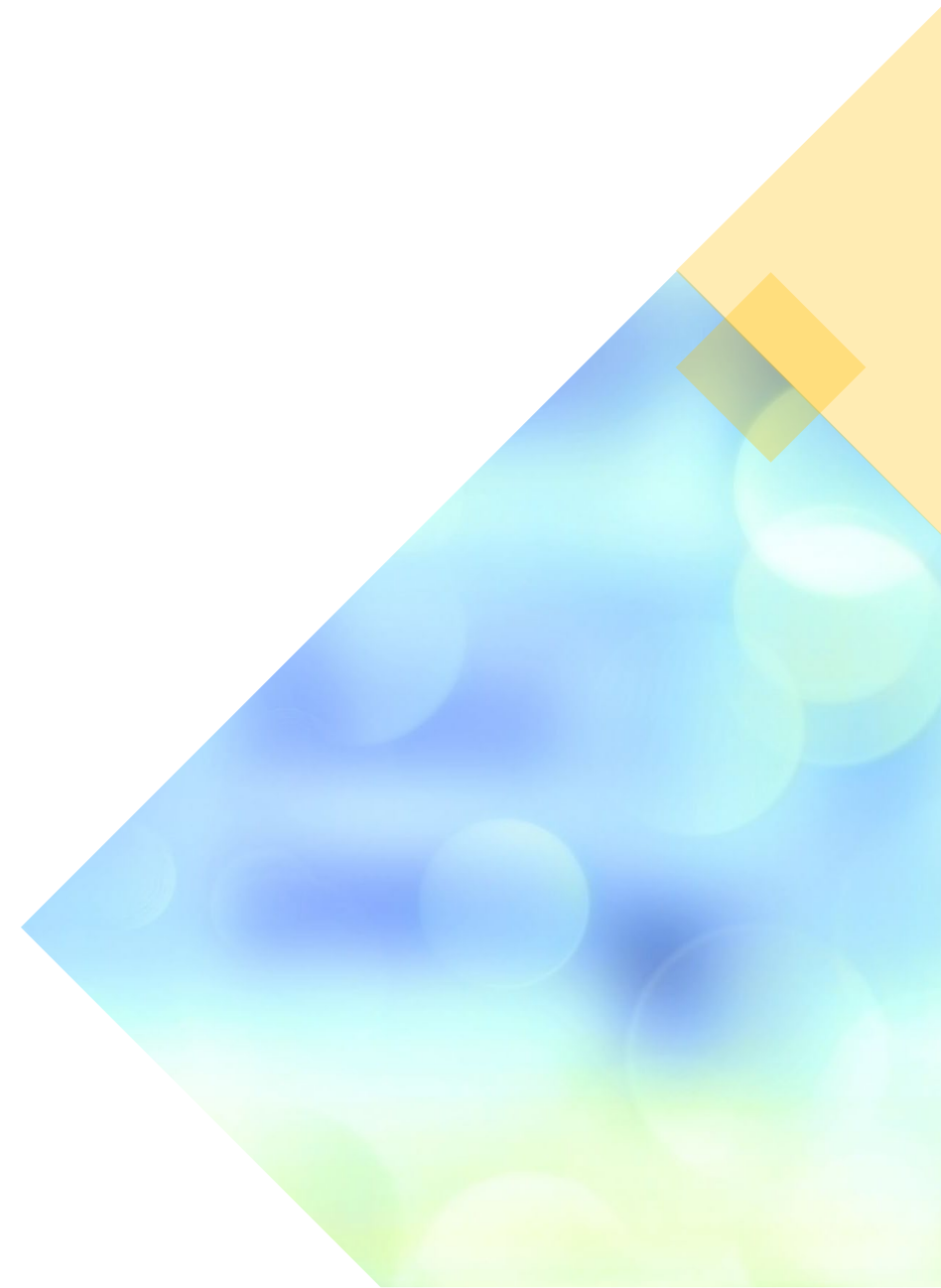
3

Hoping for
Heaven's
Reward

Week 4 Thought Awareness

Comparing Worth

Always Expecting
Disaster



Week 4 Thought Awareness

Predicting the Future

Believing You Can
Read Minds



Intensive Pain Management
Program
Level 3 Week 4
Wednesday Slides

Thought Awareness

with Jenny Clark, LCSW



Tracking
Your
Thoughts...



How We Do It

Body Awareness

Feelings/Mood

Self Talk (Pessimistic or Negative)

Behavior/Action

Alternative Response

Action plan

15 Minutes of Mindfulness