

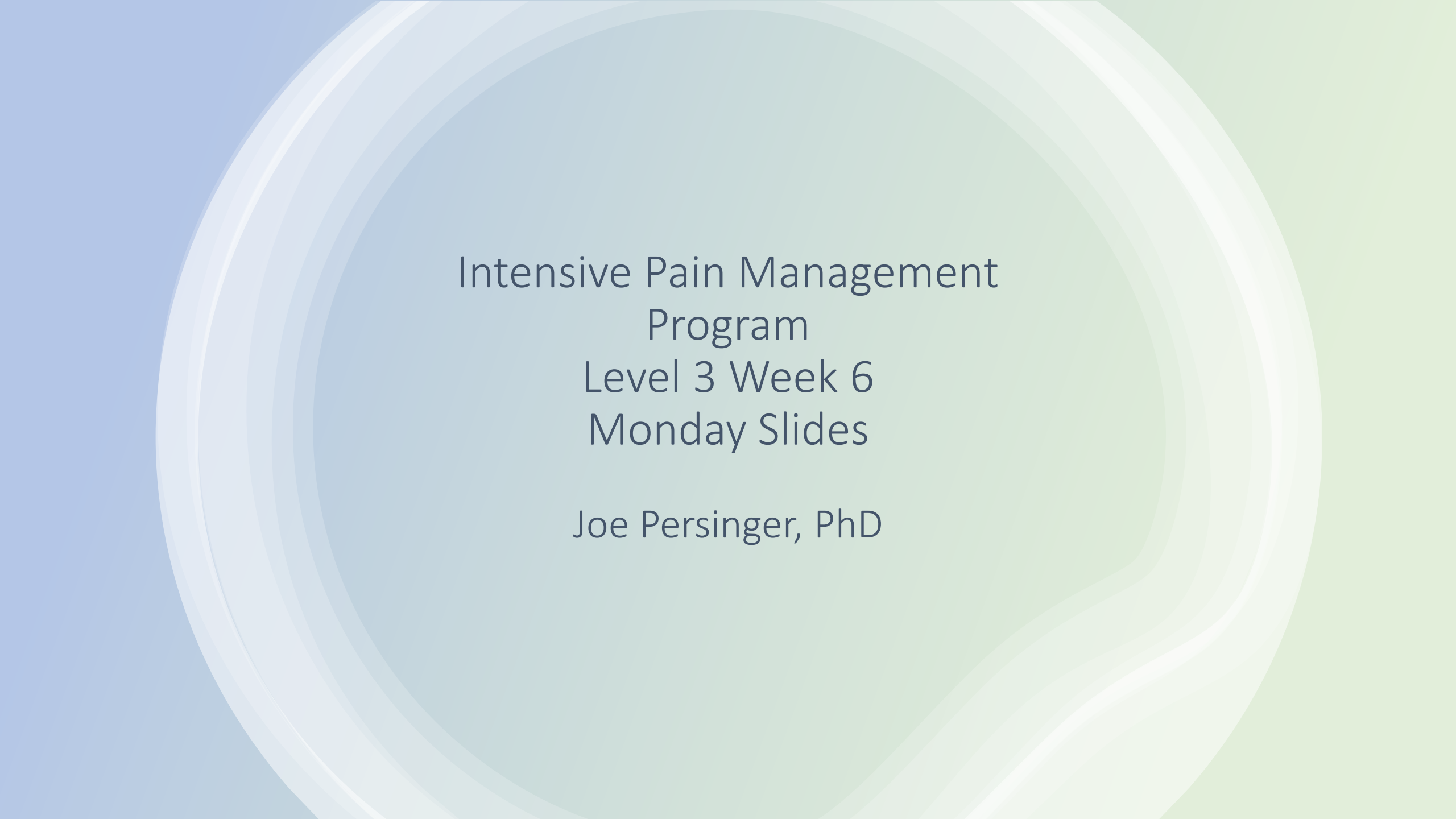


PERMANENTE MEDICINE®
The Permanente Medical Group

Level 3: Intensive Pain Management Class Week 6

**Joe Persinger Ph.D., Judith Bernstein LCSW, Jenny Clark LCSW,
Renee Garvin PT**





Intensive Pain Management
Program
Level 3 Week 6
Monday Slides

Joe Persinger, PhD

Level 3 Class: Week 6 Monday

Weeks 1 - 4 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?*

Distraction Skills: ACCEPTS

#1: Enjoyable **A**ctivities

#2: **C**ontributing

#3: **C**omparisons

#4: Opposite **E**motion and
Action

#5: **P**ushing Away

#6: Other **T**houghts

#7: Other **S**ensations

Self-Soothing: 5 Senses

1. Vision
2. Hearing
3. Taste
4. Smell
5. Touch

Improving the Moment

1. Imagery

2. Meaning

3. Prayer

4. Relaxation

6. One thing in the
Moment

7. Vacation

8. Encouragement

Week 6 Review: Maintenance Plan and Flare Kit

- What are you including in your Maintenance Plan?
- What can you do to manage flares?
 - What caused it?
 - What helps to ease it?
- What's in your Flare Kit?

Skill #7: 4/7/8 Breath:

Tip of tongue on
roof of mouth
behind front teeth.

Take a deep breath
in through nose for
4 seconds.

Hold breath for 7
seconds.

Purse lips and blow
out forcefully for 8
seconds making a
whooshing sound.

Repeat 4 – 8 times.

MANAGING STRESS

- Stress as a Source/Stress as a State, an Inner Experience.
- Because stress is a **reaction**, the same event may elicit **different** responses from different individuals.
- The Event (stressor) must go through our Perceptual Filters (past experience, expectations, evaluation, beliefs) and leads to an internal reaction and a Coping Response.

MANAGING STRESS

- In learning how to **cope** with stress, we need to identify the difference between the **source** of stress, the situation or event, and the **state** of stress that is determined by our perceptions and beliefs.
- Even when we cannot change the source or events in our daily lives, we can often change our interpretations or assessments of our situation.
- When we change these, we can often alter the negative impact of the stress.

Three Ways To Manage Stress

1. Change contact with the **source**: the stressor

- Avoid it: change time, change place, change circumstance.
- Decrease the intensity, or threat value: increase physical distance, decrease volume.

Three Ways To Manage Stress

2. Change your **assessment** (how we think about the stress):

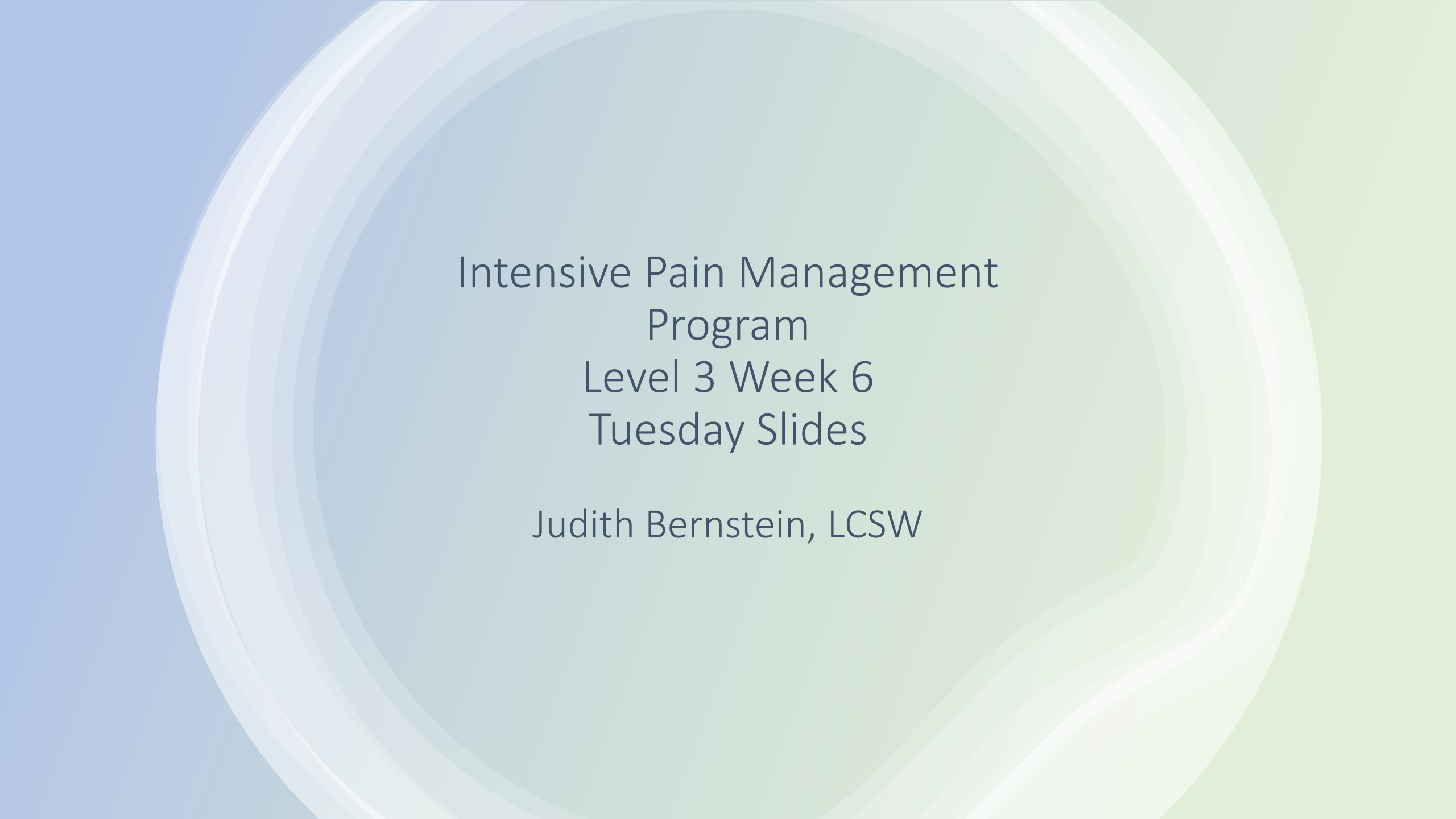
- a) Widen your **perspective**; see the bigger picture. e.g.,
 - See yourselves in 100 years.
 - *'Don't sweat the small stuff.'*

- b) Put a **positive spin** on the situation, e.g.:
 - Cut off in traffic: anger/compassion

Three Ways To Manage Stress

3. Change your **reaction** to the stressor:

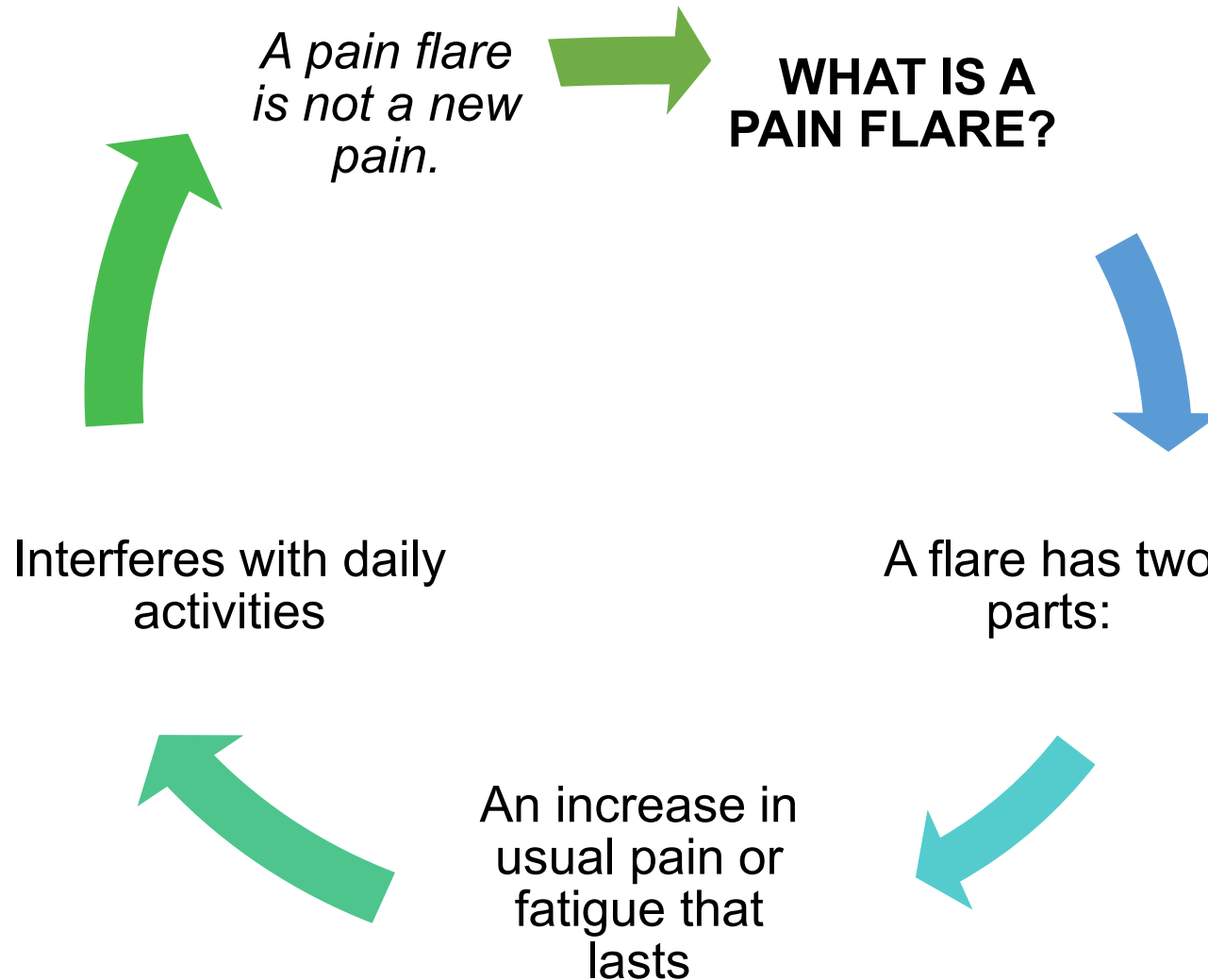
- Relaxation skills.
- Counting to ten.
- Walking away.
- Smiling.
- (What others can you think of?)



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Judith Bernstein, LCSW

Week 6 Review and Flare Ups



Week 6 Review and Flare Ups

- *What can you do to manage the flare?*
- *Consider what caused the flare.*

Flare Kit

01

Collect your items in 1 place: Use a box, drawer, bag

02

Be prepared so you don't have to "hunt" for supplies you need

03

Consider an extra kit for your car or workplace

- Think of what resources you have to help when you are in a flare
- What will you include in your flare kit?



Week 6 Review and Flare Ups

Remember:

Pain flares are inevitable.

Have a plan to deal with them.

Learn from them. How can you change your life to reduce the chances the flare will happen again?