

Living with Persistent Pain



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Session Structure

- Understanding pain
- Discuss the role of self-management
 - Barriers
 - Facilitators
- Identify and discuss how healthcare can be informed by psychological principles
 - Cognitive Behavioural Therapy
 - Acceptance and Commitment Therapy
 - Compassion Focussed Therapy
- Language, Metaphores & Analogies



Pain

“An unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage”

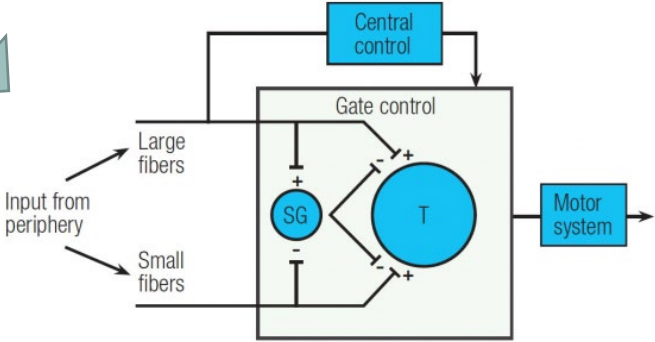
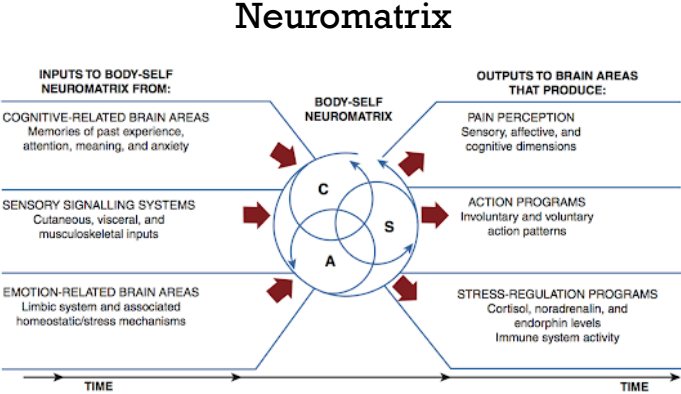
(Merskey, IASP 1979)



Pain Theories...



Descartes



Pain Gate Theory



Explain Pain

- How do we explain pain to individual's?
- What is the purpose of pain?



Biomedical Model

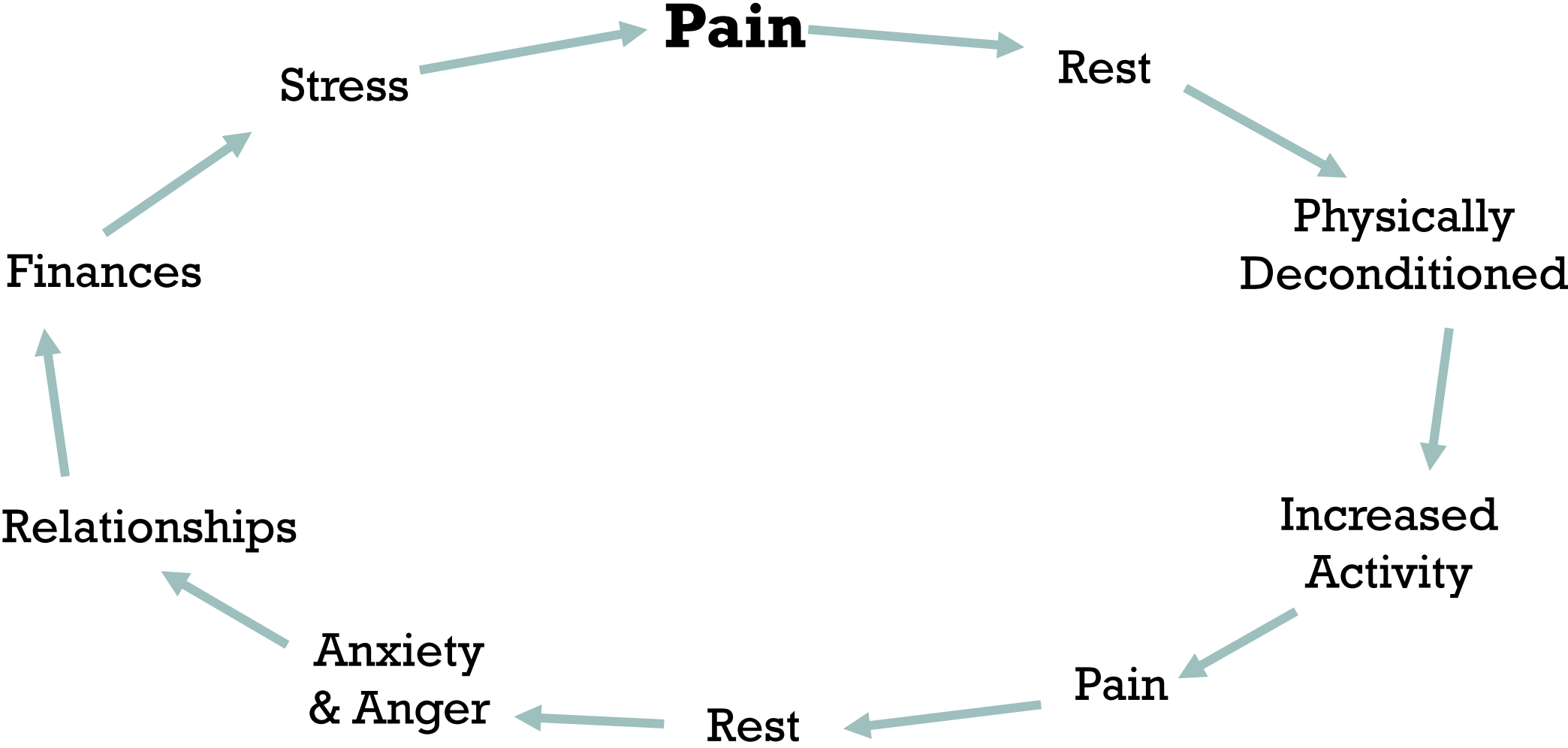
- Recognise patterns of illness (behaviour)
- Infer underlying pathology
- Apply therapy to underlying pathology
- Expect illness (behaviour) to improve
- **Signs & Symptoms**
- **Diagnosis**
- **Treatment**
- **Cure**



When pain persists....



Impact of Pain

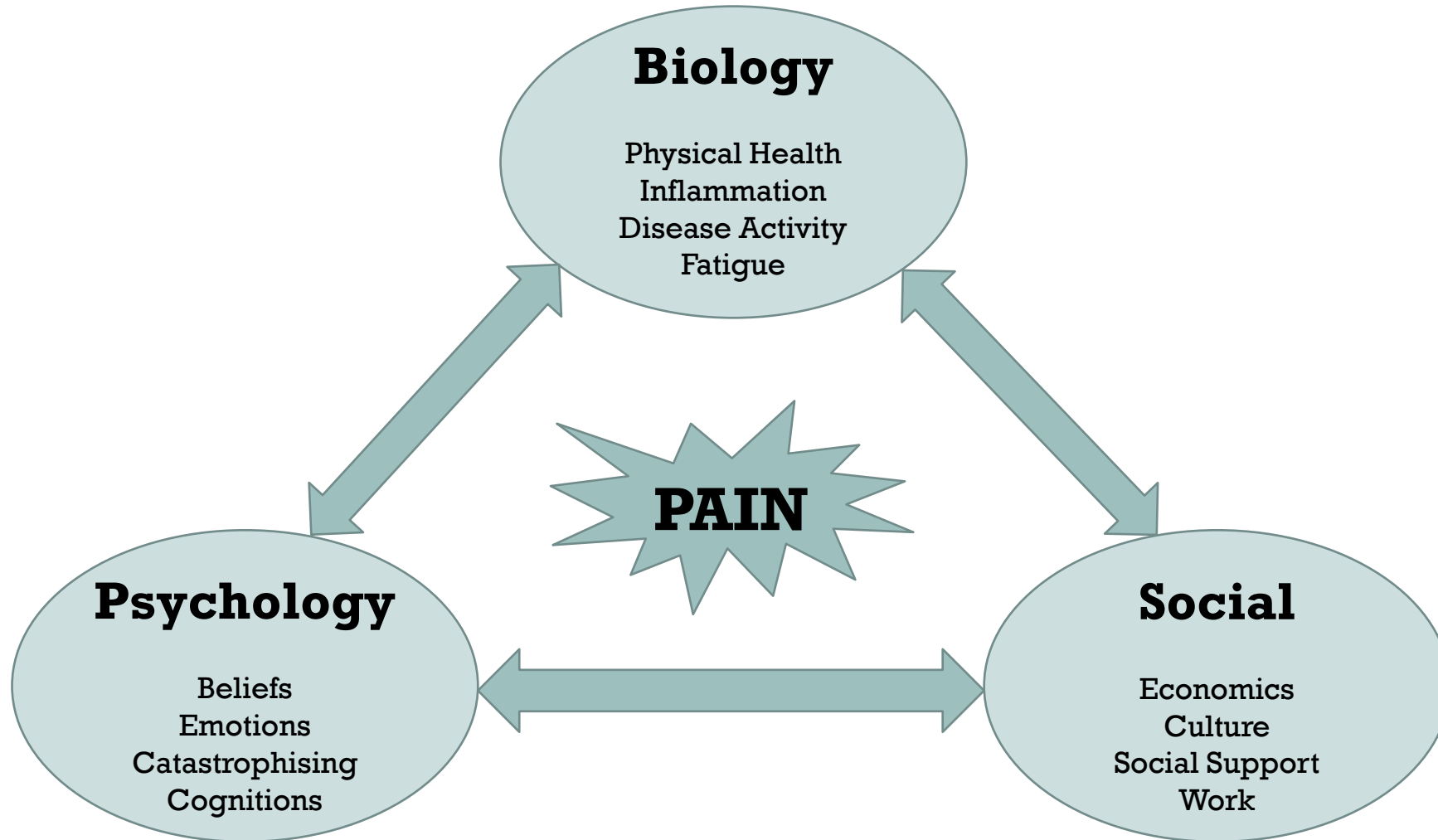


.... Pain Management

(opposed to pain relief)



Biopsychosocial Model



Advantages

- Collaboration
 - Common understanding of the impact of the pain
 - Demonstrates possible areas for change
 - Encourages self-management
 - Empowering
-
- Shifting the individual from helplessness and passivity, to resourcefulness and the ability to function **despite** pain



Barriers to Self-Management

- Past experience
- Motivation
- Seeking “a fix” or “a cure”
- Lack of knowledge and understanding
- Mood (depression, anxiety, anger)
- Previous trauma
- Trust in Health Professional’s
- Belief in the process
- Fear and anxiety (catastrophising and kinesiophobia)
- Skill and confidence of the clinician
- Finances

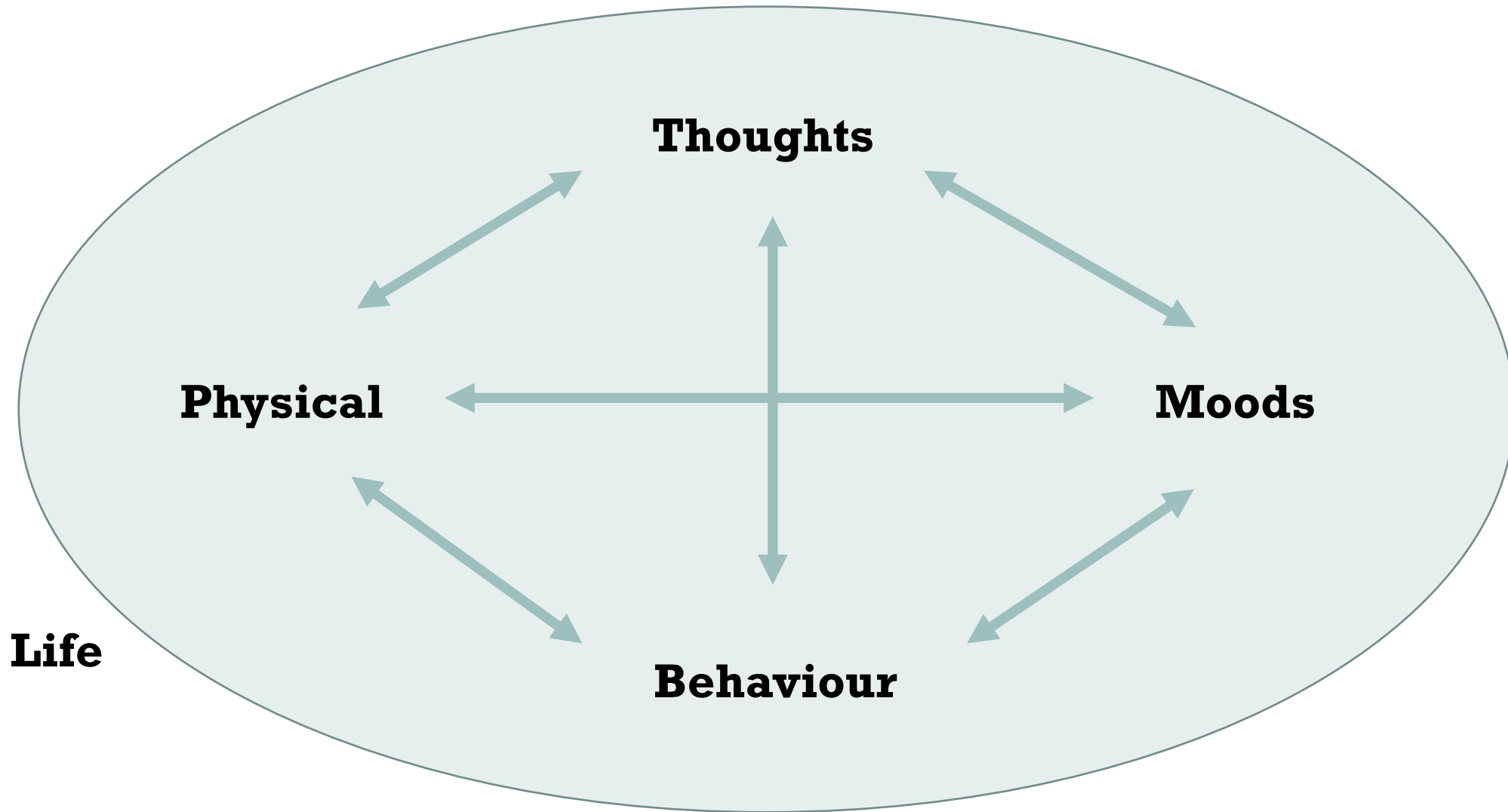


Facilitators to Self-Management

- Knowledge and understanding
- Confidence
- Support (team approach)
- Ability to problem solve
- Supervision and guidance
- Enjoyment
- Goal setting
- Acceptance



5-part model



First Step....

Acceptance





“You can’t stop the waves, but you can learn to surf”

Kabat Zinn (2004)

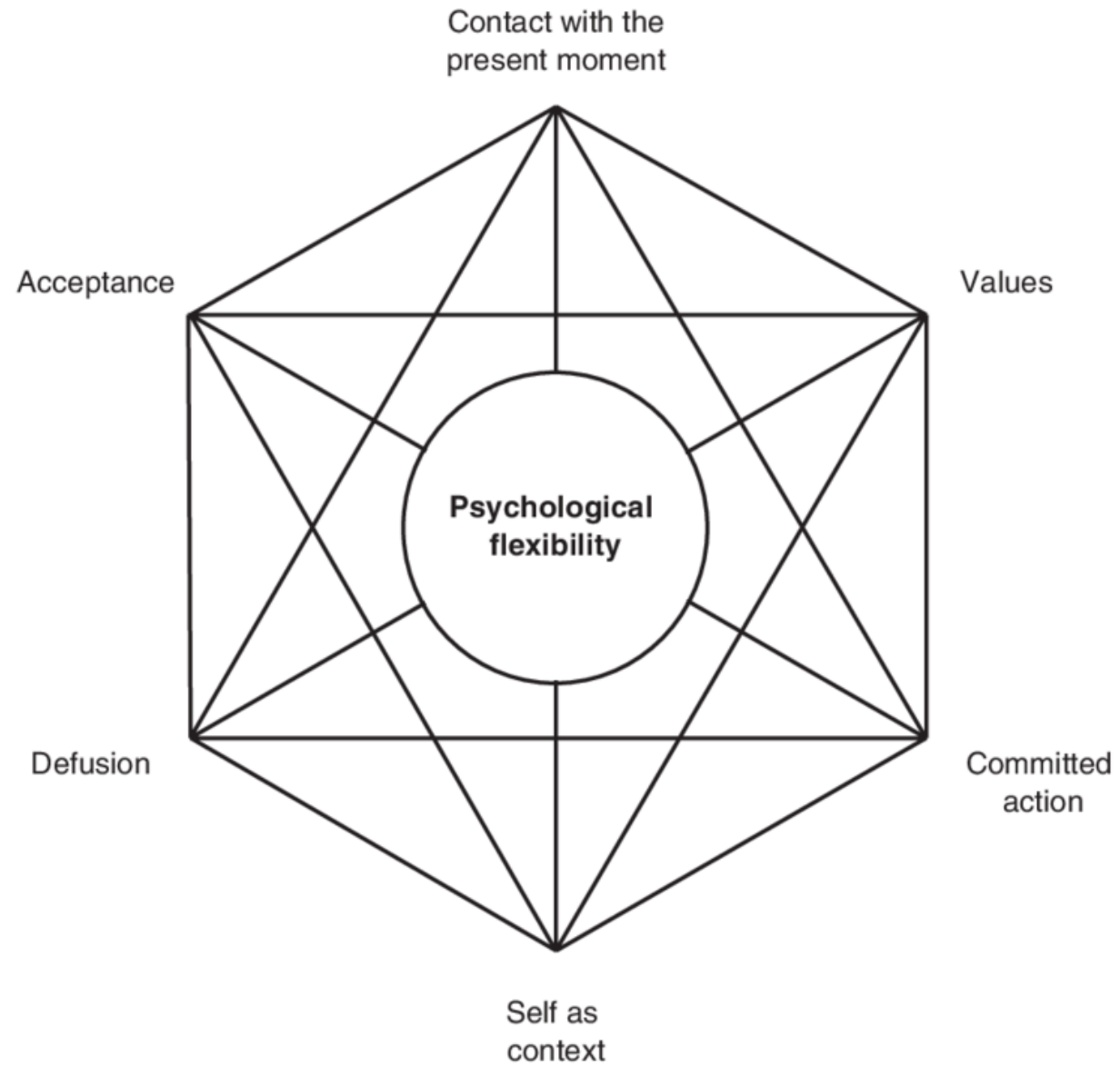


Acceptance & Commitment Therapy (ACT)

- Based on the idea that generally, trying to rid ourselves of pain and distress only increases it and turns it into something traumatic
- The alternative is to accept it – This is not giving up, being defeated or agreeing with suffering
- Acceptance is an acknowledgement of and a willingness to allow these experiences
- Learn to make room for painful feelings, thoughts and sensations, allowing them to be there, coming and going without us struggling against them



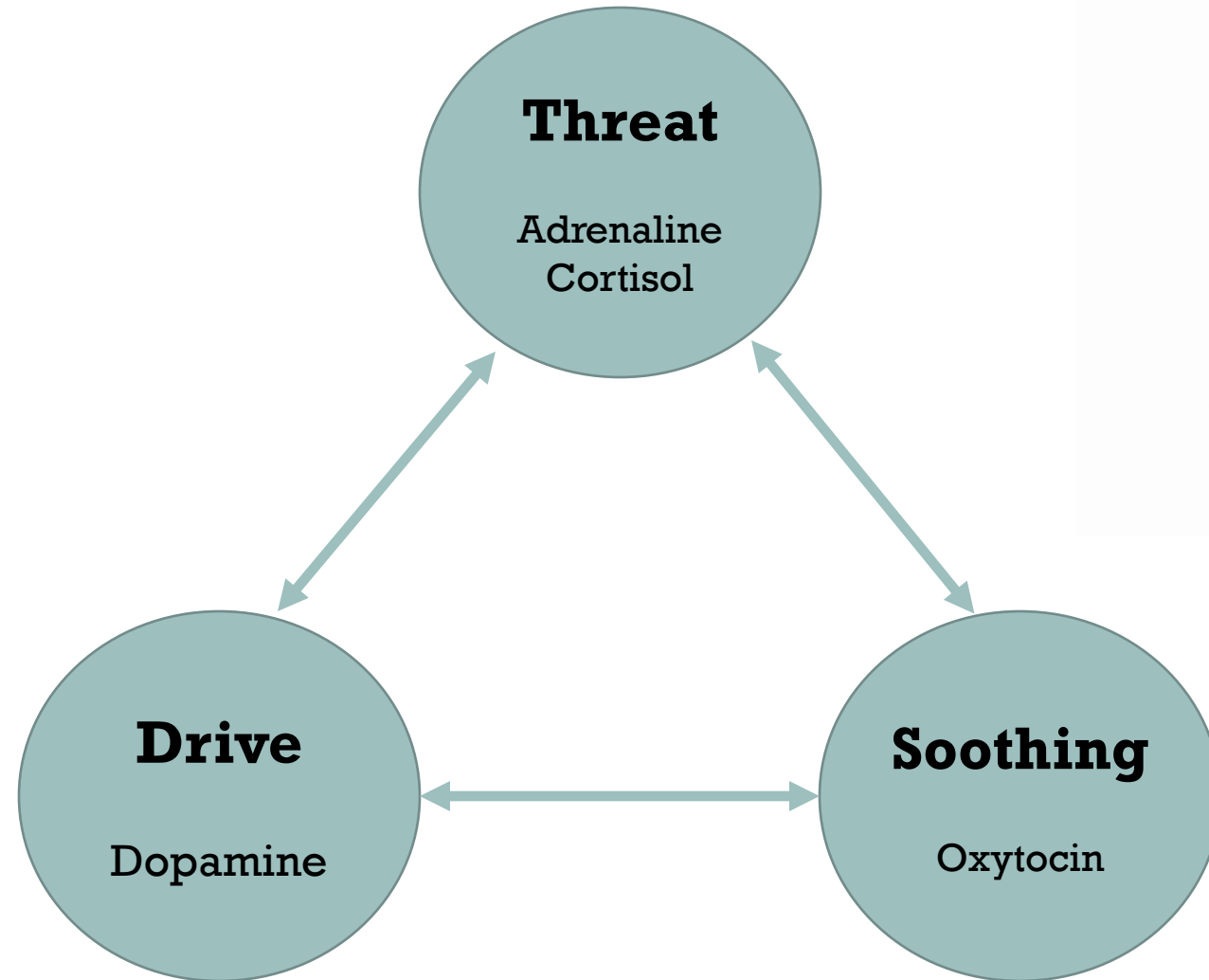
ACT



Compassion Focused Therapy Gilbert (2009)

- Integrates techniques from CBT with concepts from evolutionary psychology, social psychology, developmental psychology and neurosciences
- Developed through observations
 - People with high levels of shame and self-criticism can have enormous difficulty being kind to themselves, feeling warmth or being self-compassionate
 - Problems of shame and self-criticism are often rooted in histories of abuse, bullying, neglect and lack of affection
 - People who engage with CBT and become skilled at generating alternatives to negative thoughts and beliefs, and still do poorly with therapy





Self-Compassion

- Promotes psychological wellbeing and resilience in the face of difficulties
- Increases acceptance of pain
- Reduced catastrophic thinking related to the pain
- Lower rated pain related disability
- Enhance resilience to pain related social difficulties



Metaphors & Analogies

- Chinese finger traps
- Staring at the finger
- Twin Peaks
- Bus of life
- Boat in the port
- Software vs hardware
- Spoon theory
- Cushions



Chinese Finger Traps



“Normal problem solving methods that we use to try and deal with the struggles we face, may themselves be part of the problem”

Hayes (2005)



Resources

- www.livewellwithpain.co.uk
- www.retrainpain.org
- www.knowpain.co.uk
- YouTube videos
 - Tamar Pincus: Pain and me
 - Explain pain in 5minutes
 - Taming the beast
 - Lorimer Moseley Tedx
 - The mysterious science of pain – Joshua W. Pate



“It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change”

Charles Darwin (1809–1882)



