

PAIN EDUCATION AND COPING RESOURCES

VIDEOS

- Understanding Pain and What to Do About It in Less Than 5 Minutes
<https://www.youtube.com/watch?v=cLWntMDgFcs>
- Lorimer Moseley: Body in Mind: The Role of the Brain in Chronic Pain (24 min) <https://www.youtube.com/watch?v=RYoGXv22G3k&t=55s>
- Howard Schubiner: The Reign of Pain Lies Mainly in the Brain (53 min)
<https://www.youtube.com/watch?v=0VyH1laOd2M>
- The Neuroscience of Pain (Amber Richard) <https://vimeo.com/316959076>
- Beth Darnall: Opening the Medicine Box in the Mind: The Psychology of Pain (84 min)
<https://www.youtube.com/watch?v=ftmryljU-BE&t=2995s>
- American Chronic Pain Association: Videos
<https://www.theacpa.org/pain-management-tools/videos/>
- University of Washington: Resources for Chronic Pain Patients
https://depts.washington.edu/fammed/improvingopioidcare/wp-content/uploads/sites/12/2019/05/Education-Resources-for-Patients-with-Chronic-Pain_2019-05-02.pdf
- American Psychological Association, Division 38 – Pain Psychology Patient Resources videos and book recommendations
<https://societyforhealthpsychology.org/councils-committees/pain-psychology/pain-psychology-interest-group-patients/>
- Oregon Pain Guidance: Patient Education Toolkit
<https://www.oregonpainguidance.org/resources/patient-education-toolkit/>

- Kristen Neff and Chris Germer: Self-Compassion Video Series
https://product.soundstrue.com/power-of-self-compassion/free-video-series/?ck_subscriber_id=308697260#a_aid=5e1cb581e4ceb&a_bid=bebe62d3

ONLINE READING

- Recovery Strategies: Pain Guidebook (Greg Lehman)
<http://www.greglehman.ca/recovery-strategies-pain-guidebook>
- Pain is Weird (Paul Ingraham) <https://www.painscience.com/articles/pain-is-weird.php>
- Institute for Chronic Pain Blog <https://www.instituteforchronicpain.org/blog>
- Curable Health blog <https://www.curablehealth.com/blog>
- CDC on Chronic Pain and Opioids
<https://www.cdc.gov/drugoverdose/patients/materials.html>
- National Sleep Foundation - Pain and Sleep
<https://www.sleepfoundation.org/articles/pain-and-sleep>
- US Department of Veterans Affairs: Center for Integrated Healthcare - Patient Education Materials
https://www.mirecc.va.gov/cih-visn2/clinical_resources.asp
 - Please “click” on Patient Education tab to access materials on pain and related topics
- NRP: Pain Reexamined, A New Look at How We Manage Pain
<https://www.npr.org/series/774347723/pain-reexamined>
 - “How The Brain Shapes Pain And Links Ouch With Emotion”
<https://www.npr.org/sections/health-shots/2019/05/20/724136568/how-the-brain-shapes-pain-and-links-ouch-with-emotion>
 - “Exercising To Ease Pain: Taking Brisk Walks Can Help”
<https://www.npr.org/sections/health-shots/2019/09/23/754869132/exercising-to-ease-pain-taking-brisk-walks-can-help>

- “Meditation Reduced The Opioid Dose She Needs To Ease Chronic Pain By 75%”
<https://www.npr.org/sections/health-shots/2019/11/11/743065892/meditation-reduced-the-opioid-dose-she-needs-to-ease-chronic-pain-by-75>

BOOKS

- “Explain Pain” by Moseley & Butler
- “Why do I hurt?” by Louw
- “The Mindfulness Solution to Pain: Step-by-Step Techniques for Chronic Pain Management” by Jackie Gardner-Nix and Jon Kabat-Zinn
- “The Pain Survival Guide” by Dennis Turk and Frits Winter
- “Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain Paperback” by JoAnne Dahl, Tobias Lundgren, and Steven C. Hayes
- “Managing Pain Before It Manages You” by Margaret A. Caudill
- “Full Catastrophe Living: Using the wisdom of your body and mind to face stress, pain, and illness” by Jon Kabat-Zinn
- “Wherever You Go There You Are” by Jon Kabat-Zinn
- “The Relaxation & Stress Reduction Workbook” by Martha Davis, Elizabeth Robbins Eshelman, and Matthew McKay
- “The Mindful Self-Compassion Workbook” by Kristin Neff and Christopher Germer

INTERACTIVE RESOURCES AND PHONE APPS

- Curable Health (chronic pain self-management)
<https://www.curablehealth.com/>
- Headspace (meditation) <https://www.headspace.com/>

- Calm (relaxation, sleep, and meditation) <https://www.calm.com/>
- Mindfulness Coach (mindfulness) https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp
- Stop, Breathe & Think: Meditation and Mindfulness <https://www.stopbreathethink.com/>
- ACT Coach https://www.ptsd.va.gov/appvid/mobile/actcoach_app_public.asp

PODCASTS

- Curable Podcast: Like Mind, Like Body

AUDIO RECORDINGS

- UC San Diego Center for Mindfulness - Guided Audio and Video <https://medschool.ucsd.edu/som/fmph/research/mindfulness/programs/mindfulness-programs/MBSR-programs/Pages/audio.aspx>
- UCLA Health - Guided Meditations https://www.uclahealth.org/marc/body.cfm?id=22&iirf_redirect=1
- Dartmouth Student Wellness Center – Relaxation Downloads <https://students.dartmouth.edu/wellness-center/wellness-mindfulness/relaxation-downloads>
- The Mindfulness Solution – Download Meditations <http://mindfulness-solution.com/DownloadMeditations.html>
- VA Salt Lake City Health Care System – Mindfulness & Meditation Exercises https://www.saltlakecity.va.gov/Whole_Health/Mindfulness/audio_clips.asp
- VA Salt Lake City Health Care System – Mindfulness Resources https://www.saltlakecity.va.gov/Whole_Health/Mindfulness/Mindfulness_Resources.asp

- Bull Publishing Company: Enhanced Pain Management CD by Beth Darnall
<https://www.bullpub.com/enhanced-pain-management-cd-or-mp3.html>
 - Please “scroll down” to the bottom of the page for a free “stream”

CHRONIC PAIN SUPPORT GROUPS

- American Chronic Pain Association: <https://theacpa.org/about-us/support-groups/>
- US Pain Foundation: www.painconnection.org/support-groups
- Mindfulness: Weekly drop in meditation with Jean Leonard, PhD:*
<http://www.jeanleonardphd.com/free-drop-in-virtual-meditation-group/>
Wednesdays, 12-1 pm, MST, beginning March 25, 2020
 - Zoom link for the session: *<https://zoom.us/j/635588699>* -
<https://zoom.us/j/635588699>
 - Meeting ID (should you need to dial in by phone): 635-588-699

MENTAL HEALTH AND ADDICTION SUPPORT GROUPS

- Anxiety and Depression Association of America Online Support Group:
<https://adaa.org/adaa-online-support-group>
- Depression and Bipolar Support Alliance:
<https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/>
- In The Rooms: An Online Addiction Recovery Community:
<http://www.intherooms.com>
- LifeRing Secular Recovery: <https://www.lifering.org/online-meetings>
- NA Online Meetings, “Addicts helping Addicts Recover”:
<http://na-recovery.org>
- Recovery Dharma: “Healing from Addiction with Buddhist Practice”, daily meetings via computer, smartphone or dial-in:
<http://recoverydharma.online>

- AA Online Meeting Directory:
<http://aa-intergroup.org/directory.php>
- AA – Online:
http://12stepforums.net/alcoholics_anonymous_online_meeting.html
- Adult Children of Alcoholics or Other Family Dysfunction:
<https://adultchildren.org/resources/find-a-meeting/>

CRISIS RESOURCES

- University of Utah Health: Crisis Intervention and Hospital Diversion
<https://healthcare.utah.edu/uni/programs/crisis-diversion.php>
- Utah Crisis Line: 1-800-273-TALK
- University of Utah Health CrisisLine: 801-587-3000
- National Suicide Prevention Lifeline 1-800-273-8255
- University of Utah Health Warmline: 801-587-1055
- University of Utah Health SafeUT app:
<https://healthcare.utah.edu/uni/safe-ut/>
- Disaster Distress Helpline, operated by Substance Abuse and Mental Health Services Administration (SAMHSA): 1-800-985-5990
 - <https://www.samhsa.gov/find-help/disaster-distress-helpline>
- Utah Domestic Violence Coalition 24-Hour LINK Line: 1-800-897-LINK (5465)
 - <https://www.udvc.org/>

CONTRIBUTORS

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