

Mindfulness for Chronic Pain for Veterans and Families

The MBCPM™ program is a 12-week course aimed at easing the pain and suffering of people who live with chronic pain. Participants are guided step-by-step by the “The Mindfulness Solution to Pain” manual and its companion CDs through short meditations and self-exploration. This program has been funded by the Veteran and Family Wellbeing Fund and is offered to veterans and family members with chronic pain. The group is limited to eight participants to facilitate a safe and supportive environment. The trained and licensed MBCPM™ facilitators for this program are three experienced occupational therapists with extensive experience working with veterans with chronic pain and mental health conditions.

The program has 3 modules:

- **Module 1 – Learning about mindfulness and meditation practice:** Classes 1-4 train participants in mindfulness and meditation, with a focus on mindful living through exercises and practices outside of formal meditation. Class 5 shows the significant influence that stress has on many parts of the body and mind, makes the connection between stress and the body/mind, and forms a bridge to the next module.
- **Module 2 – Self-care and compassion:** Classes 6-9 train participants to better care for themselves. By learning how they have been viewing the broken parts of themselves in a way which often involves strong emotions, the focus is placed on nurturing self and working with those parts of self that they may have been avoiding or treating without compassion.
- **Module 3 – Working on behaviours and self-awareness in relationships with others and with one’s self:** Classes 10-12 focus on how participants interact with others, especially others who are difficult, and considers how that can undermine their health. Art or other creative modalities are used to provide an opportunity for participants to express situations or past experiences, which can lead to new perspectives and increased insight. This process often modifies their experience of emotional and physical pain, as well as facilitating their healing.

Dates:

New Location in north Edmonton!

Group 1: Clareview Community Recreation Centre, 3804 139 Avenue, Edmonton, Room #3
September 4, 2019: orientation and initial evaluation; 9:30 -10:30 am
September 18 – December 4, 2019, 9:30 am – 12:00 noon (every Wednesday for 12 weeks)
December 18, 2019: Final evaluation and focus group; 9:30-10:30 am. Location to be announced.

Group 2: Whitelaw Rehabilitation at #100, 6960 Roper Road
September 4, 2019: orientation and initial evaluation; 3:00-4:00 pm
September 18 – December 4, 2019 3:00 -5:30 pm (every Wednesday for 12 weeks)
December 18, 2019: final evaluation and focus group; 3:00-4:00 pm

If you are unavailable to attend the daytime sessions or prefer to attend evening classes, the following class time may be offered if we have enough registrants.

Group 3: Whitelaw Rehabilitation at #100, 6960 Roper Road

September 4, 2019: orientation and initial evaluation; 3:00-4:00 pm

September 18 – December 4, 2019 6:00-8:30 pm (every Wednesday for 12 weeks)

December 18, 2019: final evaluation and focus group; 6:00-7:00 pm

Research study:

The program is being evaluated by Drs. Chen, Miguel-Cruz, and Liu at the University of Alberta. Details will be provided in the orientation session. The study aims to (1) evaluate the effectiveness of the Mindfulness-Based Chronic Pain Management (MBCPM™) program on reducing perceptions of pain and increasing quality of life and (2) understand the lived experience of changes in pain management for Veterans living with chronic pain.

How to register:

Interested Veterans and family members can contact Bonnie Klassen by e-mail: klassenrehab@shaw.ca indicating their preferred dates and times.