

Chronic Pain Management Self-Help Course

LEADER'S MANUAL AND REFERENCE MATERIALS

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**Many thanks to Kate Lorig and the staff of the
Stanford Arthritis Center for being willing to share
materials and review this course.**

*The Portions of the manual that have reprinted with
permission from the Arthritis Self-Help, 1992, by Kate Lorig,
have been indicated with an asterisk.*

OVERVIEW OF COURSE

- Session 1 - Chronic Vs. Acute Pain Spiral.**
Distraction
Self-Help Principles/Goal Setting
Action Plans
- Session 2 - Exercise**
Dealing with Anger, Fear, Frustration
Diaphragmatic Breathing
- Session 3 - Depression**
Self-Talk
Muscle Relaxation
How to Monitor Exercise
- Session 4 - Communication with Family/Friends**
Communicating with your Doctor
Sleep/Fatigue
Guided Imagery
- Session 5 - Problem-Solving Principles and Practice.**
Sexuality
Healthy Eating
Guided Imagery
- Session 6 - Healthy Attitudes**
Medication Management
Evaluating Nontraditional Treatments
How Far We Have Come?
Future Action Plans
Visualization of Future