Self-Management of Chronic Pain: Further Resources

Books

Anger


Anxiety


Assertive Communication


Chronic Pain Self-Management


Depression


Explaining Pain & Neuroplasticity


Grief & Loss


Habits and Change


Mindfulness Meditation & Self-Compassion


Positive Psychology


Relaxation & Stress Management


**Websites**

**Alberta Health Services (AHS)**

[www.albertahealthservices.ca/services/Page10887.aspx](http://www.albertahealthservices.ca/services/Page10887.aspx) (AHS Chronic Pain Centre)

[www.albertahealthservices.ca/services/Page2790.aspx](http://www.albertahealthservices.ca/services/Page2790.aspx) (Lecture Series from the AHS Chronic Pain Centre)

[www.albertahealthservices.ca/services.asp?pid=service&rid=1005671](http://www.albertahealthservices.ca/services.asp?pid=service&rid=1005671) (Alberta Healthy Living Program)

**MyHealth.Alberta.ca (AHS with Government of AB)**

[www.myhealth.alberta.ca/Pages/default.aspx](http://www.myhealth.alberta.ca/Pages/default.aspx) (a provincial website on a wide range of health topic - on the Home page search for “chronic pain” ; videos such as *Living with chronic pain*, *Managing pain with healthy thinking*, *Finding your strength*, *Tracking how you’re doing*, *Chronic pain and opiates: know what’s safe*)

**Chronic Pain (Canadian Sites)**

[www.chronicpaincanada.com](http://www.chronicpaincanada.com) (Chronic Pain Association of Canada)

[www.canadianpaincoalition.ca](http://www.canadianpaincoalition.ca) (Canadian Pain Coalition)

[www.canadianpainsociety.ca](http://www.canadianpainsociety.ca) (Canadian Pain Society)

[www.painbc.ca](http://www.painbc.ca) (Pain BC)

[www.cirpd.org](http://www.cirpd.org) (Canadian Institute for the Relief of Pain and Disability)

**Chronic Pain (U.S.A. Sites)**

[www.ampainsoc.org](http://www.ampainsoc.org) (American Pain Society)

[www.painfoundation.org](http://www.painfoundation.org) (American Pain Foundation)

**Chronic Pain (International Sites)**

[www.iasp-pain.org](http://www.iasp-pain.org) (International Association for the Study of Pain)
Headache Pain

www.headachenetwork.ca (Headache Network Canada)

www.americanheadachesociety.org (American Headache Society)

www.headache-help.org (Help for Headaches – A Canadian Registered Charity – Ontario)

Pelvic Pain

www.pelvicpain.org (The International Pelvic Pain Society)

www.nva.org (National Vulvodynia Association)

Positive Coping with Health Conditions

www.comh.ca/pchc (Vancouver Coastal Health, workbook)

Psychology and Chronic Pain

www.cpa.ca/psychologyfactsheets (Canadian Psychological Association, acute post-surgical pain, arthritis, chronic pain, chronic pain among seniors, presurgical preparation, needle pain)

Explaining Pain

www.youtube.com/watch?v=4b8oB757DKc (Understanding pain: What to do about it in less than 5 minutes, Hunter Integrated Pain Service) (or go to Google YouTube and type in “understanding chronic pain five minutes”)

https://www.youtube.com/watch?v=gh-V6gMGzmc (Part 1 - Explain chronic pain in less than a minute. Neil Pearson, B.C. physiotherapist and educator on chronic pain)

https://www.youtube.com/watch?v=FCq7iTcfY_c (Part 2 - Explaining chronic pain in detail. Neil Pearson, B.C. physiotherapist and educator on chronic pain)

www.ted.com/talks/elliott_krane_the_mystery_of_chronic_pain.html (Elliot Krane, pediatric anesthesioloist, Stanford)

Dr Mike Evans - Evans Health Lab

www.evanshealthlab.com (Dr Mike Evans is a doctor/professor/person working to bring the best evidence-based health information out of the clinic to wherever you are. Some of our favorite videos are: Healthy Eating 101, 90:10 Stress, Best Advice for People Taking Opioid Medications)
On-Line (Web-Based) Learning

Chronic Pain Self-Management

www.painbc.ca/content/workshops-and-webinars-new-education-health-care-providers-and-people-living-pain (Pain BC, 3 one-hour web sessions titled Empowering Self-Management; skills include self-monitoring, pacing, relaxation and reframing; search for a webinar on sleep and chronic pain by Dr Ian Fleming)

www.paintoolkit.org (Pete Moore, UK, former patient of INPUT Pain Management Programme, skills covered include acceptance, pacing, setting goals, relaxation, self-monitoring, flare-up)

Chronic Disease Self-Management

https://betterchoicesbetterhealth.ca/online/hl/hlMain (an online workshop based on Stanford University’s widely tested chronic disease self-management program)

Anxiety and Depression

www.anxietybc.com (The Anxiety Disorders Association of British Columbia, provides education and resources to address anxiety; and the skills of self-talk/cognitive strategies and relaxation)

www.comh.ca/antidepressant-skills/adult (Centre for Applied Research in Mental Health and Addiction (CARMHA) and BC Mental Health & Addiction Services (BCMHAS), cognitive-behavioral strategies for depression)

Relaxation

Chronic Pain Centre Relaxation CDs (Set of 3 for $10.00) at CPC1 or CPC2 Reception

myhealth.alberta.ca/alberta/Pages/Relaxation-Audio-Tracks.aspx (Headache Program, Alberta Health Services, various relaxation exercises)

studentsupport.georgiasouthern.edu/counseling/resources/self-help/relaxation-and-stress-management/ (Georgia Southern University Counseling Centre, various relaxation exercises)

Mindfulness Meditation & Self-Compassion

www.mindfulnesscalgary.ca (A Mindfulness Interest Group in Calgary, site hosted by U of C, provides members names, links, poetry, readings, programs, research)

www.headspace.com (Andy Puddicombe, ordination as a Tibetan Buddhist monk, meditation made simple)

www.thebreathproject.org (Dr. Phil Blustein MD, FRCP Gastroenterologist, Calgary)
Mindfulness Meditation & Self-Compassion (continued)

[www.CenterforMSC.org](http://www.CenterforMSC.org) (Centre for Mindful Self-Compassion, Christopher Germer, Ph.D. and Kristen Neff, Ph.D., an 8-week program designed to cultivate self-compassion skills for daily life)

[www.mindfulselfcompassion.org](http://www.mindfulselfcompassion.org) (Dr. Christopher Germer, mindful self-compassion, free downloads available)

[www.self-compassion.org](http://www.self-compassion.org) (Dr. Kristen Neff, self-compassion)

[www.ucalgary.ca/wellnesscentre/events-programs/wellness-programs/mindfulness/online](http://www.ucalgary.ca/wellnesscentre/events-programs/wellness-programs/mindfulness/online) (U of C, Wellness Centre, online, self-directed mindfulness program designed for those interested in cultivating mindfulness into their daily lives)

**Mobile Apps**

*Please note that Apps may involve a cost ($$$) to you.*

Alberta Addiction & Mental Health Research Partnership Program (2015). Addiction and Mental Health - Mobile Application Directory 2015. Edmonton, AB: Author (a variety of apps including but not limited to smoking cessation, autism, depression, anxiety, and CBT).

**Mindfulness Classes in the Community (no cost)**

**Calgary, AB**

**Bloom Women’s Health Workshops**, for a variety of classes like Everyday Mindfulness, Mindfulness for Anxiety, Mindful Eating and Your Emotions. Free registration at [www.CalgaryWomensHealth.ca](http://www.CalgaryWomensHealth.ca)

**Wellness through Mindfulness YYC.** A group of local practitioners with an interest in mindfulness have created a free group that is suitable for both new and experienced individuals to the practice. Shagannappi Community Hall, 1st Tuesday/3rd Thursday of every month, 7:15 – 9:15 pm. Check it out at [facebook.com/wellnessthroughmindfulness](http://facebook.com/wellnessthroughmindfulness)

**Mindfulness Based Stress Reduction, Tom Baker Cancer Centre.** For those individuals who have a cancer diagnosis or their family members. See [www.tbccintegrative.com/clinical-programs/mindfulness-based-stress-reduction](http://www.tbccintegrative.com/clinical-programs/mindfulness-based-stress-reduction)
Mindfulness Classes in the Community (no cost)

Outside of Calgary, AB

Canmore General Hospital, Mindfulness Meditation Program (8 weeks) coordinated by Alexandra Kobalenko at: (mindfulnessmeditation2012@gmail.com)

Pain Support Groups in the Community

Calgary, AB

Better Choices Better Health: Self-Management Workshops. Contact Alberta Healthy Living Program – Calgary Zone for information and to register: 403-9-Health (403-943-2584) or go to: www.albertahealthservices.ca/services.asp?pid=service&rid=1062406

Lending Emotional and Pain Support (LEAPS). Meetings held at the Chronic Pain Centre 2 at the Richmond Road Diagnostic and Treatment Centre site. Call 403-850-0726 (Patty) or email LeapsCalgary@gmail.com (Henry)

Calgary Chronic Pain Support Group provides a way to connect with others, share resources, discuss pain related topics and support one another in a constructive positive environment. See www.chronicpain.meetup.com/339/ or email stephanjw@shaw.ca

Family Caregiver Support Group. Email Charlene charlene.retzlaff@albertahealthservices.ca or call her at 403-955-1674 (Tues thru Thurs). South Family Caregiver Drop-in Support Group 1st Wed of the Month, 1:30 – 3:00 pm, Lutheran Church of the Cross, 10620 Elbow Drive SW. North Family Caregiver Drop-in Support Group, 3rd Monday of the month, 7:00 – 8:30 pm, Confederation Park Seniors Citizens Centre.

Outside of Calgary, AB

People in Pain Network. Pain Self-Management Support Groups. See www.pipain.com or email info@pipain.com

Support Groups across Canada. See www.chronicpaincanada.com/support

DISCLAIMER: No evaluations of the resources in this document have been done. This material is for information purposes only. It should not be used in place of medical advice, instruction, and/or treatment. If you have questions, speak with your doctor or appropriate health care provider.