

What participants say about the program

"A well presented and informative workshop of value to those suffering from chronic pain; family members ...obtain information on assisting their loved ones."

"I have learned different ways to handle my pain. Some things I had not thought of in the past necessarily and just learned different ways how to handle my pain, the different emotions that can arise from feeling the pain and so that helps me personally and professionally."

**You are
NOT Alone!**



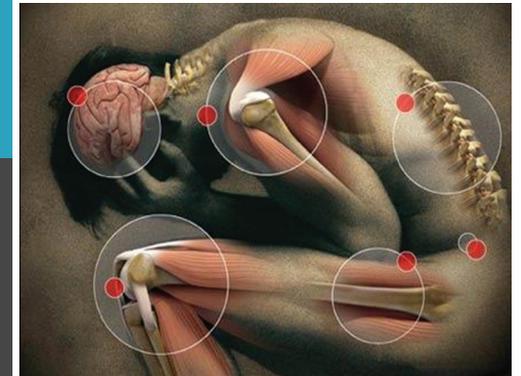
For More information regarding the **Chronic Pain Self-Management Program** or to register for the next program please contact our office at **250-378-9745**



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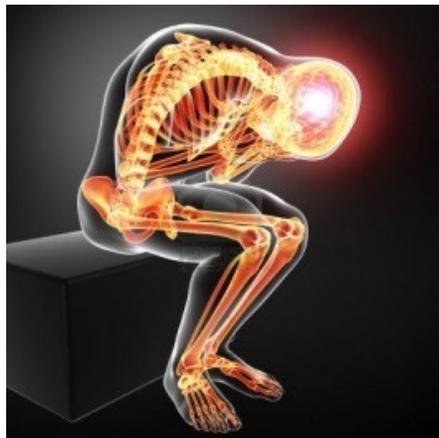
Scw'exmx Community Health
Services Society

Chronic Pain Self- Management Program



Chronic Pain Self-Management

The Chronic Pain Self-Management Program is a community program to help people live successfully with chronic pain. It is led by two trained leaders who successfully completed a four-day training workshop. It is delivered to **community groups of up to 16 people, once per week for 2 ½ hours, for 6 consecutive weeks.** Participants receive a very informative and comprehensive reference book: *“Living a Healthy Life with Chronic Pain”* and the “Moving Easy” CD which provides a set of easy to follow exercises that can be done in the comfort of your own home.



Chronic Pain Self-Management

The Chronic Pain Self-Management Program was designed specifically for persons experiencing chronic musculoskeletal pain (such as chronic neck, shoulder, back pain, etc.) whiplash injuries, chronic regional pain syndromes, repetitive strain injury, chronic pelvic pain, post-surgical pain that lasts beyond 6 months, neuropathic pain (often caused by trauma), or neuralgias (such as post herpetic pain), and post stroke or central pain. It may also be appropriate for those with conditions such as persistent headache, Crohn’s Disease, irritable bowel syndrome, people with diabetes who have neuropathy, and for individuals who have severe muscular pain due to conditions such as multiple sclerosis.



The Chronic Pain Self-Management Program provides knowledge and information; teaches skills that people can use to manage chronic pain; gives people greater confidence in their ability to manage chronic pain; and helps improve peoples’ quality of life.

The Program covers the following topics:

- ◆ Debunking Myths about Chronic Pain
- ◆ Differences between Acute and Chronic Pain
- ◆ Understanding the Pain & Symptoms Cycle
- ◆ Physical Activities & Exercise
- ◆ Pacing: Balancing Activity and Rest
- ◆ Better Breathing and Muscle Relaxation
- ◆ Moving Easy Program
- ◆ Dealing with Difficult Emotions
- ◆ Fatigue and Sleep Management
- ◆ Guided Imagery, Visualization, and Distraction
- ◆ Communication Skills and working with your Health Care Team
- ◆ Healthy Eating
- ◆ Problem Solving
- ◆ Medications for Chronic Pain
- ◆ Depression and Positive Thinking
- ◆ Making Informed Treatment Decisions

