



Behavioral Medicine for Pain Resources for Clinicians + Patients

Videos

- + **Title:** American Chronic Pain Association (ACPA)
Description: Four flat tires video
Note: **Excellent for watching in the clinic with patients!**
Source: https://www.youtube.com/watch?v=W_vffF50E3c
- + **Title:** The Pain Toolkit Videos
Description: Holds about **50 different videos on pain self-management** with separate categories for patients and medical providers.
Note: You can find free and very low-cost downloadables here. Created by a patient peer who is world renowned for developing easy-to-understand patient-centered materials.
Source: <https://www.pain toolkit.org/resources/useful-videos>

Websites and Online Columns

- + **Title:** American Chronic Pain Association (ACPA)
Description: The ACPA is dedicated to peer support and education for individuals with chronic *pain* and their families so that these individuals may live more fully in spite of their *pain*. Their website includes free pain management tools (print and electronic), local support group information, and a resource guide for chronic pain treatments.
Source: <http://theacpa.org>
- + **Title:** The Pain Toolkit
Description: The Pain Toolkit website offers a wealth of FREE and LOW-COST pain self-management resources (e.g. \$1-2). Website includes resources for patients and specific resources for medical clinicians.
Source: <https://www.pain toolkit.org/>
- + **Title:** Psychology Today
Description: *Empowered Relief* Column by Beth Darnall, PhD. Multiple columns provide public education on how to use the mind-body connection for pain relief.
Source: <https://www.psychologytoday.com/us/blog/empowered-relief>

Free Online Modules for Patients

- + **Title:** Retrain Pain Foundation
Source: <https://www.retrainpain.org/>



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Practical Resources: Relaxation/Mindfulness/Meditation

- + **Title:** Breathe2Relax (from the Department of Defense)
Note: **FREE Mobile Relaxation App**
Source: <http://t2health.dcoe.mil/mediakit/breath2relax-mobile-application>
- + **Mindfulness Meditation** is evidence-based treatment for chronic pain. It involves helping calming mind and body and learning to release the mental focus on pain that happens automatically. Research shows that mindfulness and meditation techniques work by changing how your brain responds to pain, thereby reducing pain intensity. Learning mindfulness and meditation can help you reduce your pain. Here are some resources to help you get started:
- + **Title:** Free 8 Session Self-Paced Online Treatment Based on CBT Principles
PainTrainer: <https://www.paintrainer.org/>
- + **Title:** Free Online Mindfulness-Based Stress Reduction (MBSR)
Note: 8-week course
Source: <http://palousemindfulness.com/>
- + **Title:** Free Mindfulness App and Guided Meditations
Source: <http://counselingcenter.utah.edu/services/mindfulness.php>
- + **Title:** Free Guided Meditations (English and Spanish)
Source: <http://marc.ucla.edu/body.cfm?id=22>
- + **Title: Pain Self-Management Courses**
Description: Chronic Disease Self-Management (CDSM) and Chronic Pain Self-Management Program (CPSMP) are 6-week evidence-based group treatments that are led by a therapist or 2 certified peer co-leaders. Courses are not typically covered by insurance but may be embedded into closed-payer networks (e.g., Intermountain Healthcare or the VA Healthcare System). Additionally, many municipalities may offer self-management wellness courses through senior centers or other community services; the courses may be offered free of charge or fees may apply; be sure to check costs (if any). Self-management resources vary by region and community. To determine if self-management courses exist in your area:
 - + Check first with your healthcare system or insurance carrier.
 - + Google "Chronic Pain Self-Management" and your city to see if courses exist.

Clinical Trainings

- + **Title:** Empowered Relief Single-Session Pain Relief Class (Healthcare Clinician Certification Workshop)
Description: "Empowered Relief" is single-session, 2-hour, evidence-based class that rapidly equips patients with pain relief skills. Attend a 2-day workshop and become certified to deliver the class in your healthcare system. Available in English, French, Spanish, and Dutch.
Source: <https://empoweredrelief.com>



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Patient Books

+ Cognitive–Behavioral Therapy Based

- + Turk, D., & Winter, F. (2005). *The pain survival guide*. Washington, DC: American Psychological Association.
- + Lewandowski, M. (2006). *The chronic pain care workbook*. Reno, NV: Lucky Bat Books.
- + Darnall, B. (2014). *Less pain, fewer pills: Avoid the dangers of prescription opioids and gain control over chronic pain*. Boulder, CO: Bull Publishing Company.
- + Darnall B. (2016). *The opioid-free pain relief kit: 10 simple steps to ease your pain*. Boulder, CO: Bull Publishing Company.
- + Dahl, J., Hayes, S. C., Lundgren, T. (2006). *Living beyond your pain: Using acceptance and commitment therapy to ease chronic pain*. Oakland, CA: New Harbinger.

Psychologist and Healthcare Clinician Books and Manuals

- + **Title:** Overview of Evidence-Based Behavioral Treatments for Chronic Pain
Source: Darnall, BD. *Psychological Treatment for Patients with Chronic Pain* ©2018 (American Psychological Association). Includes clinician and patient free resources.
- + **Title:** Therapist Guide to CBT
Source: Thorn BE. *Cognitive Therapy for Chronic Pain: A Step-by-Step Approach*. New York, NY: Guilford; 2004.
- + **Title:** FREE CBT Treatment Manual
Source: Murphy JL et al. *Cognitive Behavioral Therapy for Chronic Pain*. Therapist Manual. 8-session treatment guide. https://www.va.gov/PAINMANAGEMENT/docs/CBT-CP_Therapist_Manual.pdf
- + **Title:** Guide to pain management in low-resource settings
Note: FREE online book
Source: Kopf, A., & Patel, N. B. (Eds.) (2010). *Guide to pain management in low-resource settings*. Seattle, WA: International Association for the Treatment of Pain. Retrieved at https://s3.amazonaws.com/rdcmsiasp/files/production/public/Content/ContentFolders/Publications2/FreeBooks/Guide_to_Pain_Management_in_Low-Resource_Settings.pdf

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