My Pain Reduction Prescription

Fill in each area with a pleasurable activity.

I feel good when I look at ________________________________
I feel good when I smell ________________________________
I feel good when I taste ________________________________
I feel good when I think ________________________________
I feel good when I touch ________________________________
I feel good when I hear ________________________________
I feel good when I do ________________________________
I am grateful for _______________________________________

This week, I am committed to trying ________________________________
How to Change the Brain in Pain
Kris Fant, LMHC, LPC
Progressive Rehabilitation Associates
2016 ORCA Conference
Handouts and Resources

Books

General

Explain Pain by David Butler (expensive, but it’s the best out there)
Freedom from Pain by Peter Levine and Maggie Phillips
The Brain’s Way of Healing by Norman Doidge

Mindfulness

Mindfulness for Health by Vidyamala Burch and Danny Penman
Full Catastrophe Living by John Kabat-Zinn

Workbooks

Neuroplastic Transformation by Marla Golden, DO, and Michael Moskowitz, MD
Living Beyond Your Pain by Joanne Dahl and Tobias Lundgren
Managing Pain Before it Manages You by Margaret Caudill

Stress

Why Zebras Don’t Get Ulcers by Robert Sapolsky

Humor/education

Painful Yarns by Lorimer Moseley

Fibromyalgia

Take Back Your Life by Tami Stackelhouse
Your Fibromyalgia Workbook by Adriaan Louw

Diet

The Anti-inflammatory Diet and Action Plans by Dorothy Calimeris and Sondi Bruner
Also consider the Paleo Diet and the Zone Diet as resources

Trauma

The Body Remembers by Babette Rothschild
Waking the Tiger by Peter Levine
The Body Keeps Score by Bessel van der Kolk, MD
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Videos

Why things Hurt with Lorimer Mosley (Ted Talk) (neuroscience)
https://www.youtube.com/watch?v=gwd-wLdIHjs

The Unwelcome Party Guest (acceptance)
https://www.youtube.com/watch?v=VYht-guymF4

Passengers on a Bus (acceptance)
https://www.youtube.com/watch?v=Z29ptSuoWRc

Why do we have to sleep (sleep)
https://www.youtube.com/watch?v=3mufsteNrTI

How to sleep better (sleep)
https://www.youtube.com/watch?v=3eLfn7Ewx_s (all wellcast channel videos can be good!)

Why Sitting is bad for you
https://www.youtube.com/watch?v=wUEl8KrMz14

Podcasts

Brain Science with Ginger Campbell

Paniac the podcast for mindful pain management

Backtivity

A Healthy Curiosity

On Being with Krista Tippett

Blogs

Spoon Theory http://www.butyoudontlooksick.com/articles/written-by-christine/the-spoon-theory/

Psych Central http://blogs.psychcentral.com/chronic-pain/

A fibromyalgia coaches blog http://myrestoredhealth.com/blog/

Apps

Stop, Breathe, Think

Calm

Migraine Buddy
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**Biofeedback**

Emwave ($129-300)

Amazon: Stress Thermometer ($22)

**Support Groups**

Progressive Rehabilitation Associates

Portland – Chronic Pain Support Group Monday’s from 12-1

Vancouver – Chronic Pain Support Group Wednesday’s from 2-3

(both on meetup as well)

**Meetup Groups**


**General Portland/Vancouver Lists**

[http://www.fmcpaware.org/support-groups/browse-support-groups.html?sid=95:Oregon](http://www.fmcpaware.org/support-groups/browse-support-groups.html?sid=95:Oregon)

[http://www.fmcpaware.org/support-groups/browse-support-groups.html?sid=95:Oregon](http://www.fmcpaware.org/support-groups/browse-support-groups.html?sid=95:Oregon)

**Online**


**Websites**


**Local pain speciality centers**

These places will often treat clients for a short time for the Chronic Pain, while the client remains in therapy with their therapist. They offer the skills, tools, and groups that can be helpful with pain, while you remain the longer term contact. They will also often consult with you so the client is getting the same message across treatment.

Progressive Rehabilitation Associates [www.progrehab.com](http://www.progrehab.com) (Portland and Vancouver)
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Evergreen Behavioral Health http://evergreenbehavioralhealth.com/ (Vancouver)
Portland Psychotherapy Clinic http://portlandpsychotherapyclinic.com/ (Portland)

Local for practitioners


Monthly peer consult group for ACT
http://portlandpsychotherapytraining.com/acceptance-and-commitment-therapy-peer-clinical-consultation-group/