

ACTing on Persistent Pain

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Acknowledgement of Indigenous Ancestral and Territorial Lands

Health services across Manitoba are provided in facilities located on the original lands of First Nations, Inuit, and on the national homeland of the Red River Métis Nation. Manitoba's health authorities respect that First Nations treaties were made on these territories, acknowledge harms and mistakes, and we dedicate ourselves to collaborate in partnership with First Nations, Inuit, and Métis peoples in the spirit of reconciliation.

Ground Rules

- Please be respectful and remember confidentiality
- Please do not record today's presentation
- Please put your cellphones on silent
- There will be opportunities for questions during the presentation
- Make yourself comfortable- feel free to move, stretch and stand up as needed
- Your participation in practical exercises is optional. We ask that you not disturb others.

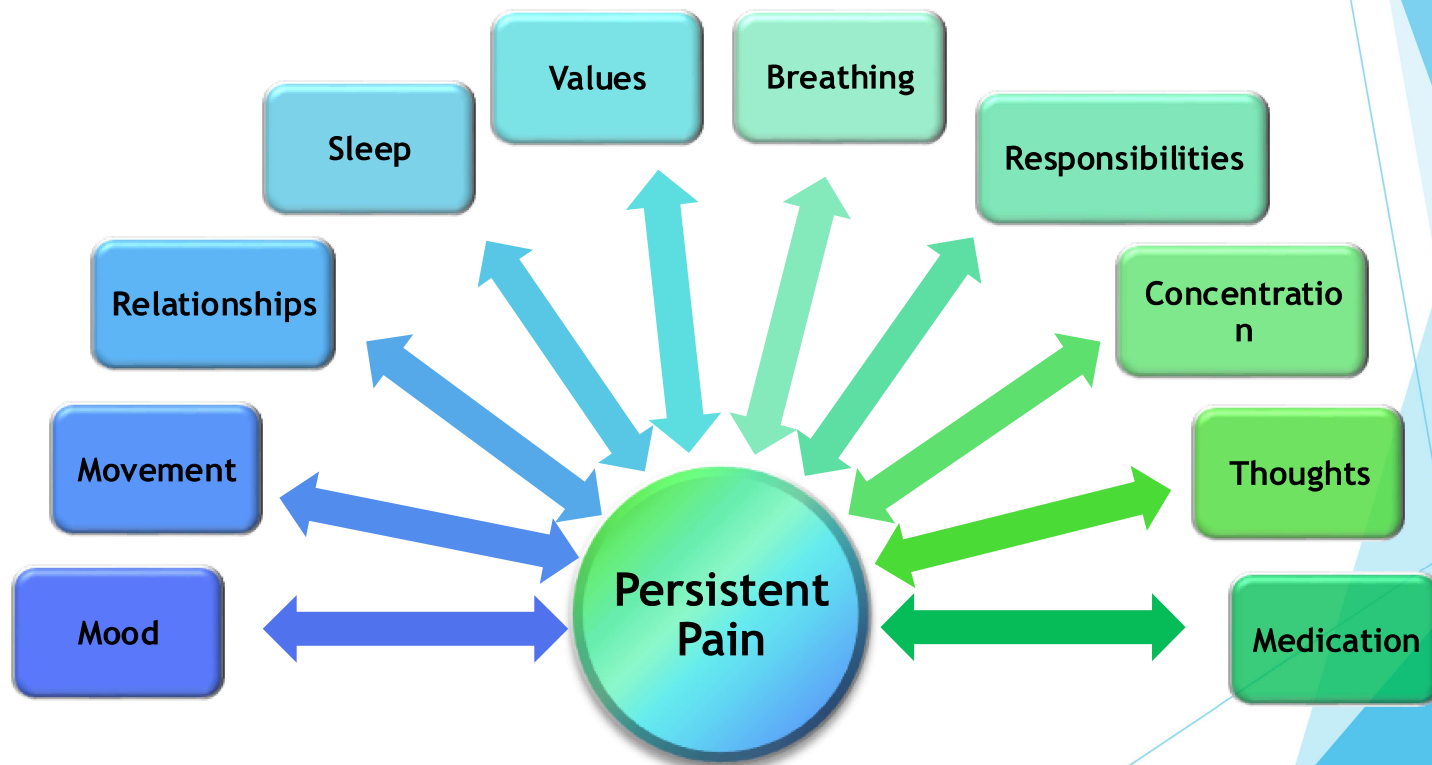
■ If you would like to download a copy of the presentation, along with handouts containing relevant information and practical exercises, you may do so at:

<https://www.panamclinic.org/patients-visitors/patient-resources>

Outline

- Internal Barriers to Valued Living
- The Nature of Suffering
- The ACT Model of Treatment
- The ACT Matrix Model
- ACT Strategies
- Values and Committed Action

Persistent Pain is COMPLEX!



Adapted from: Biopsychosocial Model of Pain, George Engel 1977

Internal Barriers to Valued Living

- Struggling with Pain and Symptoms
- Setting unrealistically high standards
- Negative thoughts/Self-criticism
- Intolerance of Uncertainty
- Over-responsibility for others/Self-neglect
- Excessive need for approval
- Anxiety/Worry
- Fear/Avoidance
- Sadness/Depression
- Grief
- Guilt
- Shame

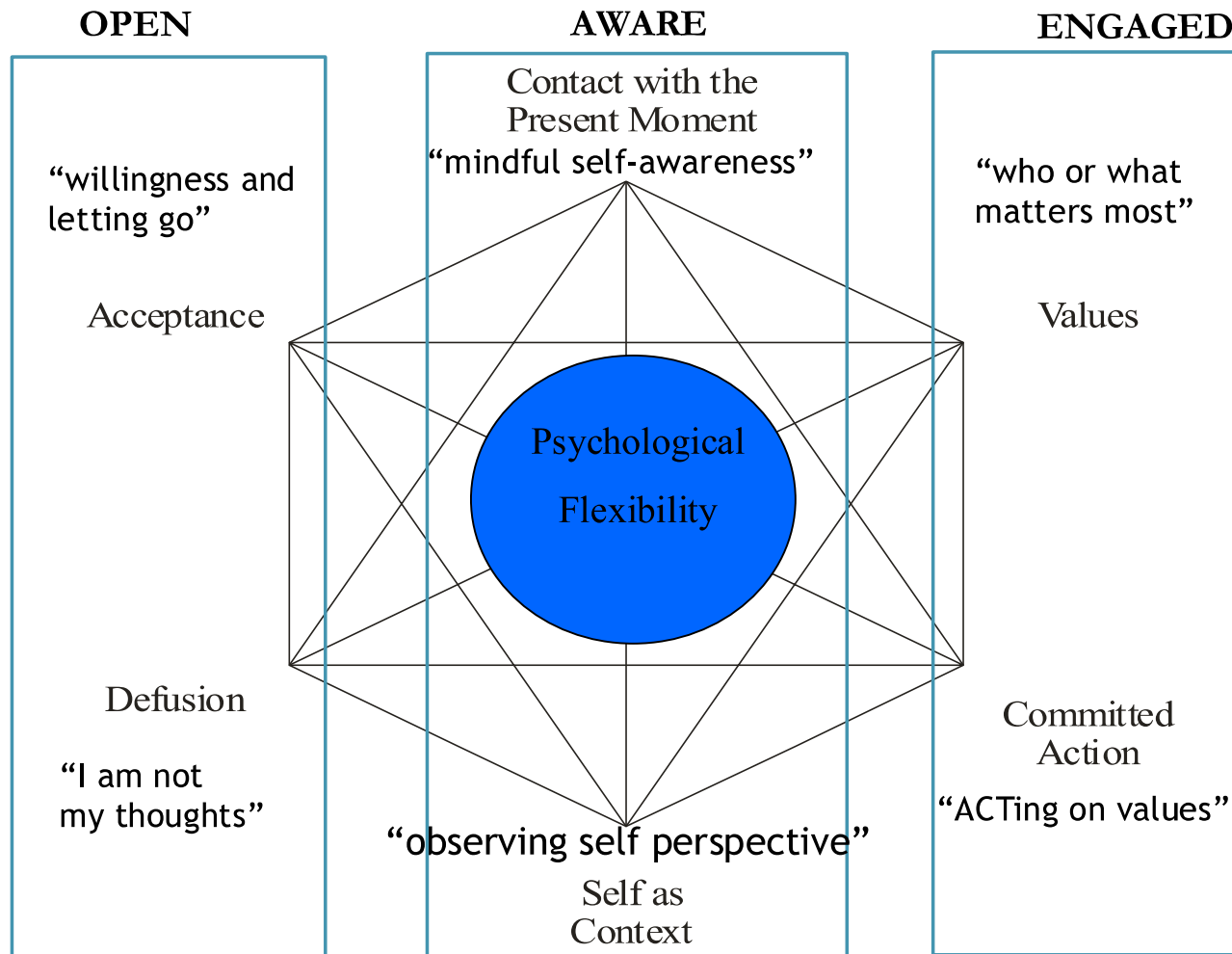
ACT Model : Assumptions

- ▶ Human Suffering is Universal
- ▶ Our Culture/Society has a general aversion to present moment experiences that are unpleasant but inevitable and necessary
- ▶ Our Culture/Society tends to approach the human body from a mechanistic perspective
- ▶ Rule of Private Events
- ▶ Persistent pain and other internal sensations, thoughts, and emotions are inevitable and can have adaptive features

ACT Model of Suffering

- ▶ Human suffering is determined by how we relate to our internal experiences, often by over-identifying with our thoughts, feelings, and bodily sensations
- ▶ Distressing thoughts, feelings, and bodily sensations are often seen as dangerous to our well-being
- ▶ Efforts to avoid/escape distressing thoughts, feelings, and bodily sensations are often seen as the primary strategy for improving our life
- ▶ Experiential avoidance leads to behavioral avoidance - we fail to engage in actions that are consistent with what really matters to us

The ACT Model of Treatment



ACT for Persistent Pain

- ▶ Describe previous attempts to control/avoid pain and how they have not worked
- ▶ Undermine attachment, and engender willingness, to abandon unworkable attempts to control/avoid pain
- ▶ Help people open up to alternative ways of responding to pain and live in accordance with chosen values (i.e., Psychological Flexibility)

ACT for Persistent Pain

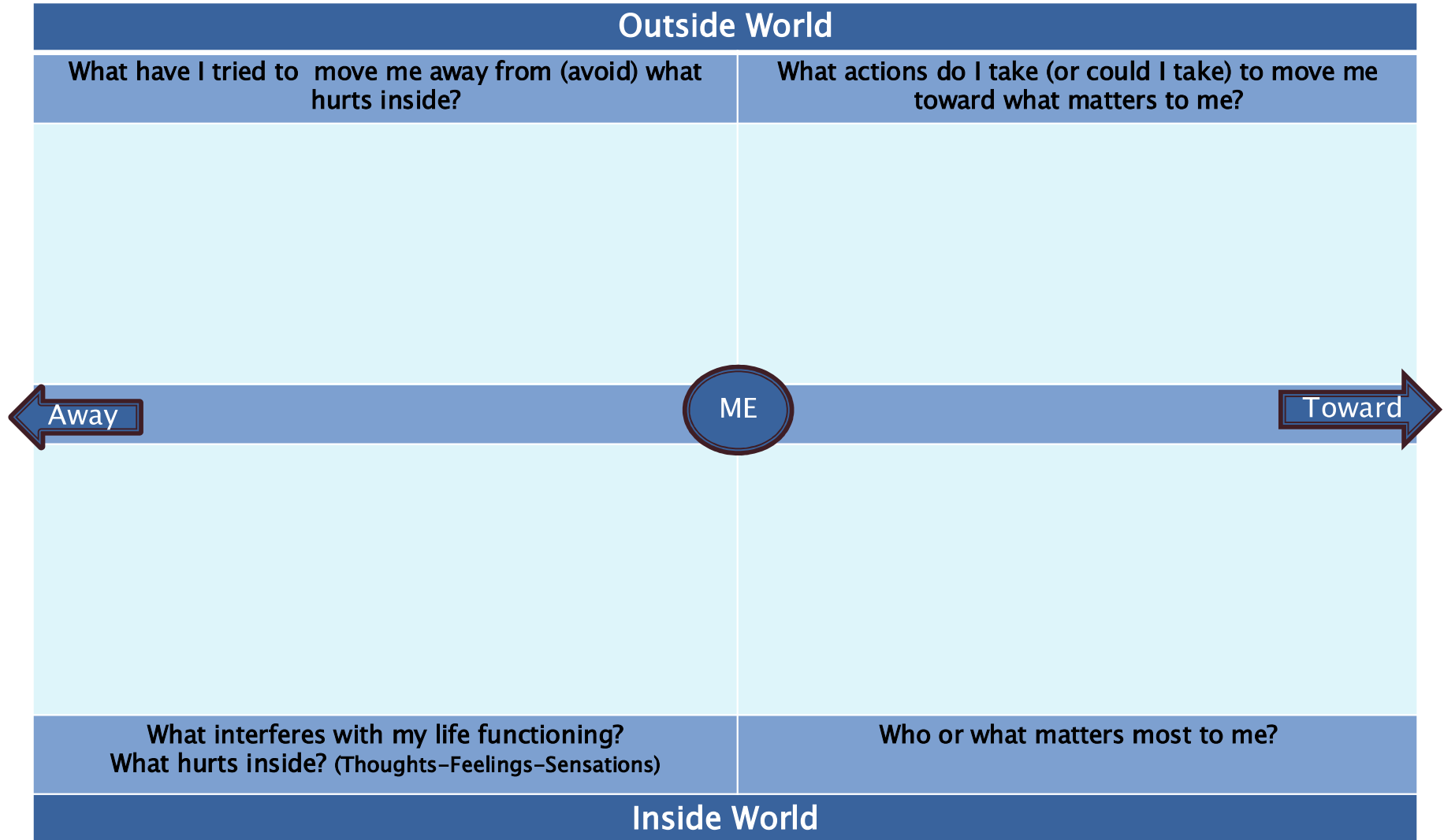
“Grant me the serenity to accept the things I can not change, the courage to change the things I can, and the wisdom to know the difference”



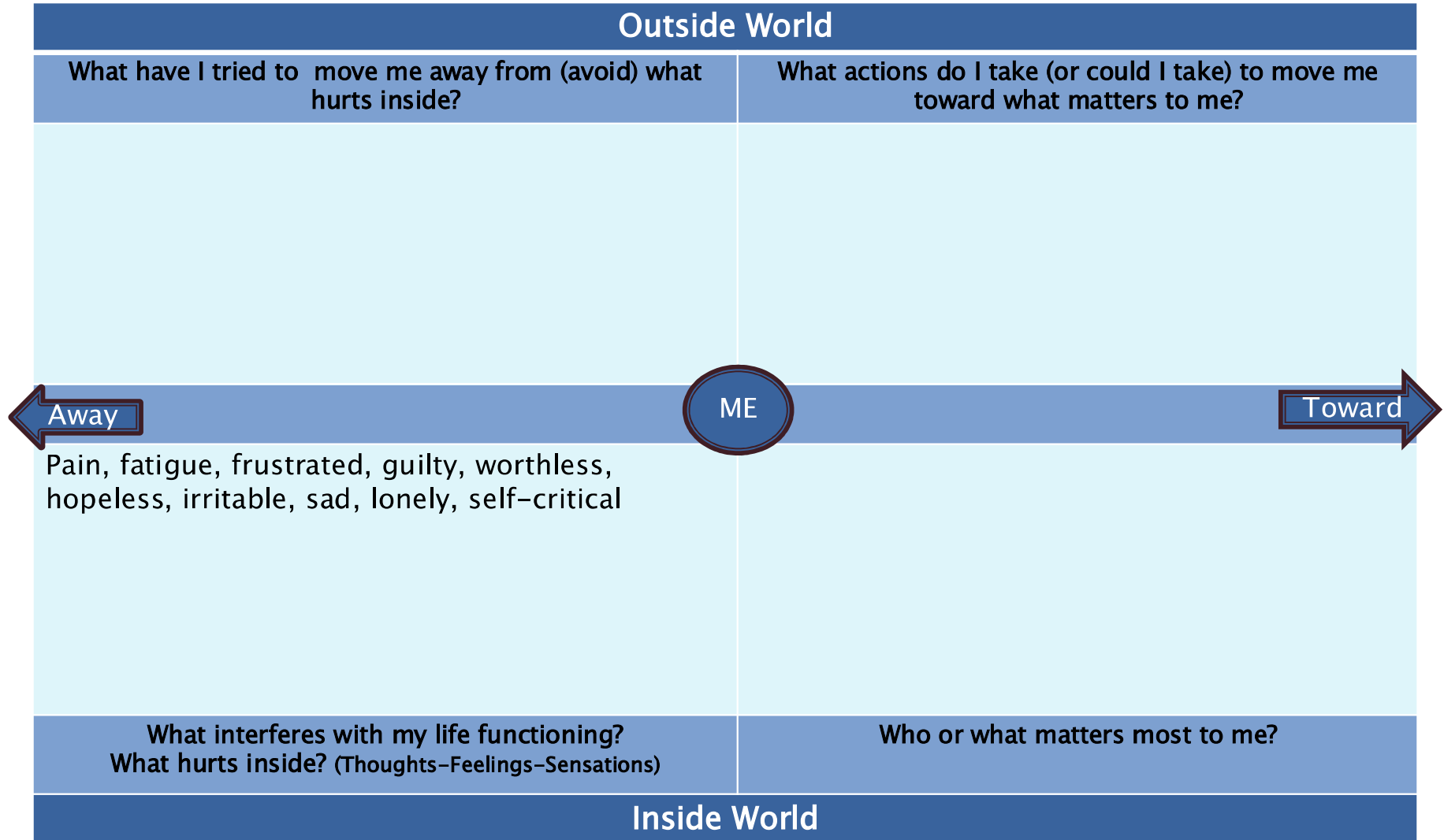
Case Study: Lauren

Lauren, age 54, has a history of diffuse body pain that was diagnosed by a rheumatologist as fibromyalgia syndrome. Her analgesic medications have only been moderately effective, and she continues to experience pain, fatigue, and physical limitations across a number of life domains. At her first appointment, she stated that she was frustrated with how her symptoms are impacting her. She also said that she feels irritable, guilty, worthless, and hopeless about her future. Lauren separated from her spouse of 32 years recently and described that relationship as emotionally abusive. She has two grown children and two young grandchildren and wishes she could spend more time with them. She stopped working as a legal assistant, something that she really enjoyed, about 5 years ago, and indicated that her quality of life has diminished greatly, plus she criticizes herself and feels sad about not working. Although she has four siblings, she is the one who spends the most time taking her parents to their appointments and helping them with whatever they need. She figures that she should do this because she is no longer working. She spends the rest of her time at home binge watching Netflix and is disconnected from activities that she enjoyed in the past, including walking, dining out, and socializing with friends.

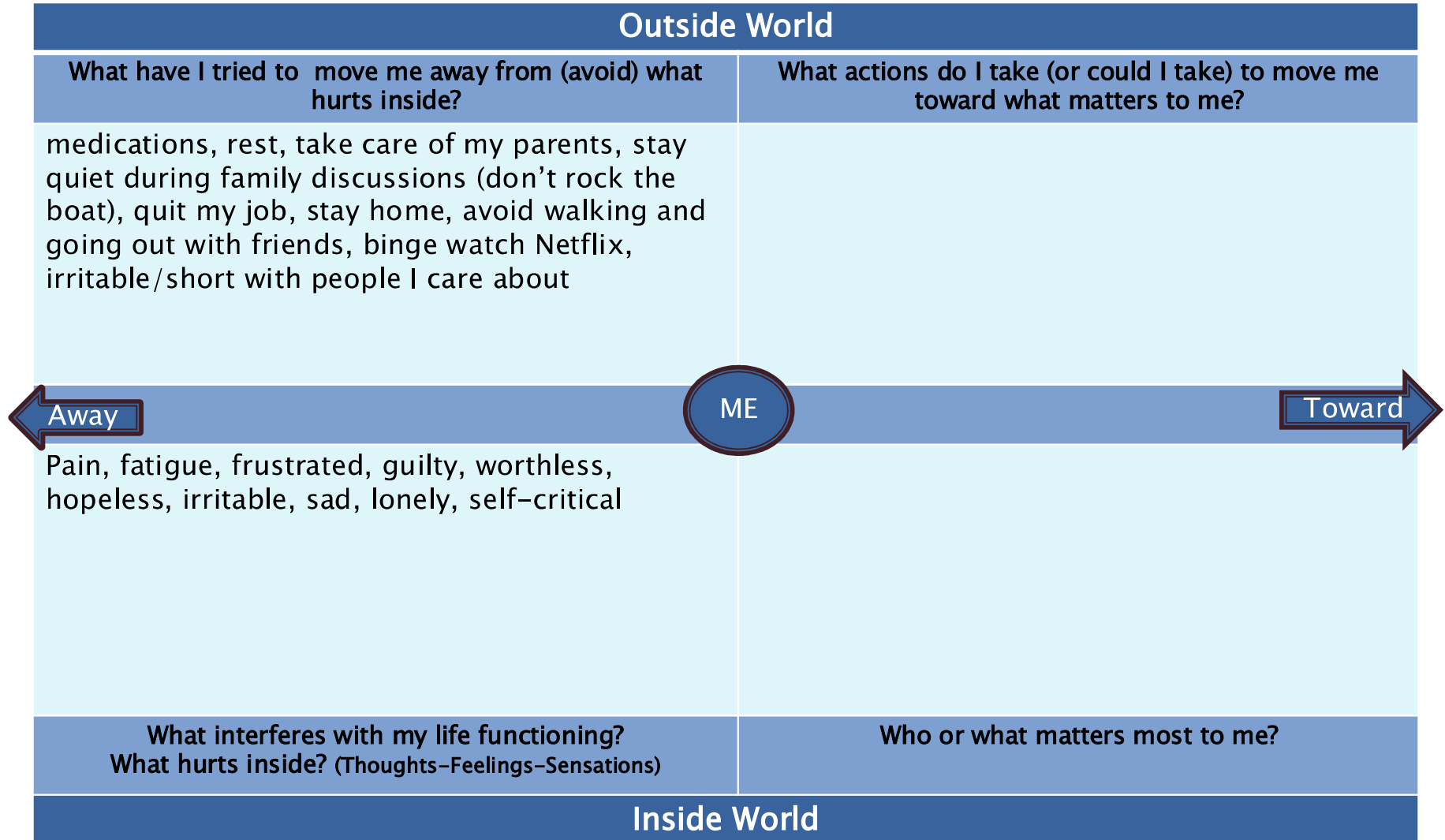
Lauren's Pain Matrix



Lauren's Pain Matrix

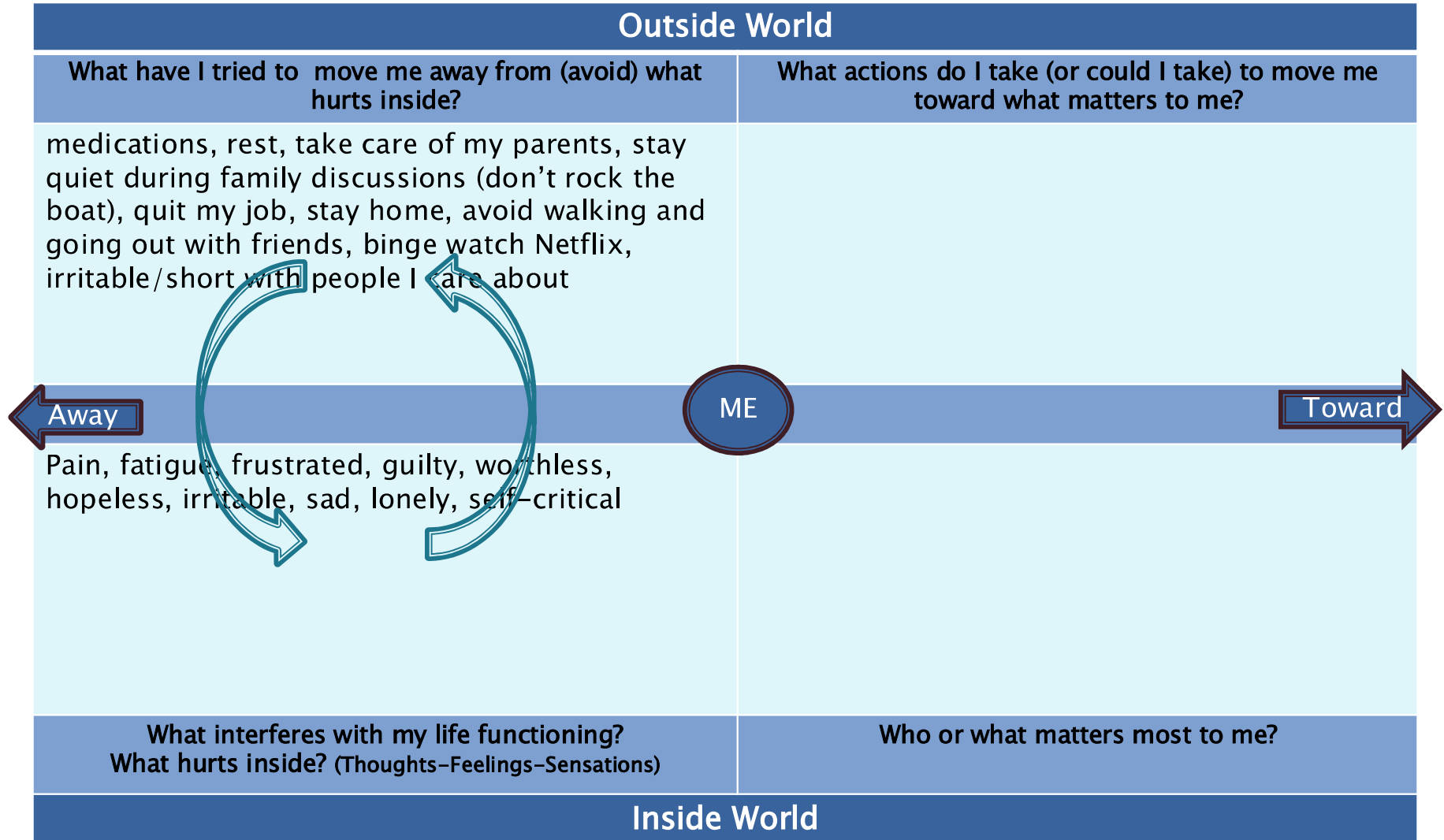


Lauren's Pain Matrix



ME

Lauren's Pain Matrix



Reframing the Problem

- ▶ Trying to control how you feel is the problem, not the solution
- ▶ You aren't hopeless, but the strategies you've been taught are
- ▶ Which are you going to believe, your mind or your experience?
- ▶ Controlling your feelings is like holding a beach ball under water. When you're doing it, you can't focus on anything else
- ▶ A rabbit must stop running before it can figure out if it's safe
- ▶ Going to the dentist hurts, but it hurts a lot more if you don't go
- ▶ It's not about feeling "good", it's about getting good at "feeling"

Case Study: Bill

Bill is a forty-one-year-old man with chronic back pain and depression. He injured his back on the job five years ago. He returned to work after a two month leave but found that his pain was too intense for him to continue working. He filed for disability but was denied. Nevertheless, Bill continued to experience pain on a daily basis. He was offered vocational retraining but declined because he didn't feel he could do any type of work.

Bill consulted a surgeon and had a spinal disc fusion that initially helped but eventually left him with even worse pain. He was prescribed opioid medication and now he's dependent upon it and still experiences a lot of pain. Bill describes his pain as a burning, stinging sensation, like someone is putting a needle in his back. Pain sensations radiate down his right leg with associated numbness and tingling. His physician refused to increase his dosage and even recommended that he reduce it. Bill is furious that his doctor isn't helping and feels that none of his doctors have taken good care of him.

Bill spends a lot of his day sleeping or lying on the sofa, as this provides some relief. He also spends a lot of time in his room watching Netflix or playing video games. He doesn't go out much because upright activity tends to cause pain. He used to go to church with his wife but stopped after having to leave once because of a pain flare-up. Bill's wife complains that he doesn't help around the house and that he's short with her and their kids. They don't have much intimacy anymore as sexual activity increases his pain.

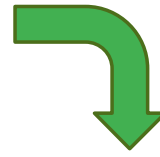
Bill believes his depression is caused by his chronic pain. The more he struggles to control his pain, the more angry and irritable he becomes. He often thinks about the day he hurt his back and whether he could have done something to prevent his injury. He doesn't see much hope that his life will turn around unless the pain is eliminated. He's disappointed in himself for not being able to work and he feels bad when he yells at his kids for no good reason. More than once, he's thought about suicide because he feels his family would be better off without him.

Events or Situations in Bill's Life

Bill suffered an on the job injury	A ✓	C
Bill experiences back pain on a daily basis	A ✓	C
Bill was denied a disability pension	A ✓	C
Bill refuses to go through vocational retraining	A	C ✓
Bill has thoughts that he has too much pain to work at any job	A ✓	C
Bill had an unsuccessful back surgery that left him with more pain	A ✓	C
Bill spends a lot of time on the sofa to control the pain	A	C ✓
Bill feels angry and irritable when in pain	A ✓	C
Bill yells at his children	A	C ✓
Bill doesn't have sexual relations with his wife	A	C ✓
Bill has thoughts that life has given him a raw deal	A ✓	C
Bill doesn't exercise regularly because of the pain	A	C ✓

Break





HAVING A THOUGHT VS. BUYING A THOUGHT

Our thoughts only have as much power as we give them. Notice how changing the label of a thought can change how that thought makes you feel. This exercise again helps us to gain some distance from our thoughts. We can have thoughts – but we don't necessarily have to "buy" our thoughts.

"I am..." vs. "I am having the thought..." vs. "I notice I am having the thought..."

"I am worthless."

This is a powerful, self-defining thought.

This labels the *thought as the truth*.

"I am having the thought that I am worthless."

This loses its self-defining power over you.

It is now simply a *thought*.

"I notice I am having the thought that I am worthless."

This creates an even greater distance between you and the thought.

What was it like to make the change in that language? What happened to how you felt about the situation?

We can learn to separate from our thoughts – "Here is me... And here are my thoughts. I am not my thoughts. So thoughts are not necessarily the truth. In fact, they are rarely the absolute truth." By gaining this distance from our unhelpful thoughts, we can decrease our suffering in very real ways.

YOU ARE THE SKY

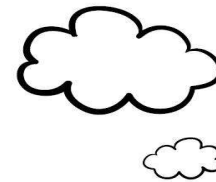
Our thoughts and feelings are like the weather. Some are really black, thick clouds that might even have thunder and lightning in them. Some might be rain, snow clouds; or lighter, fluffy clouds. Of course, there is also the sun.

Sometimes we can forget the sky is there, because there are so many clouds in the way – like some times we get so caught up in our thoughts and feelings we lose track of who we are and what matters to us.

The weather changes all the time and no matter how bad it gets, the sky never gets hurt. The sky is still there, behind the clouds, lightning and rain. The sky can hold all the clouds and weather, and still stay the same behind it all.



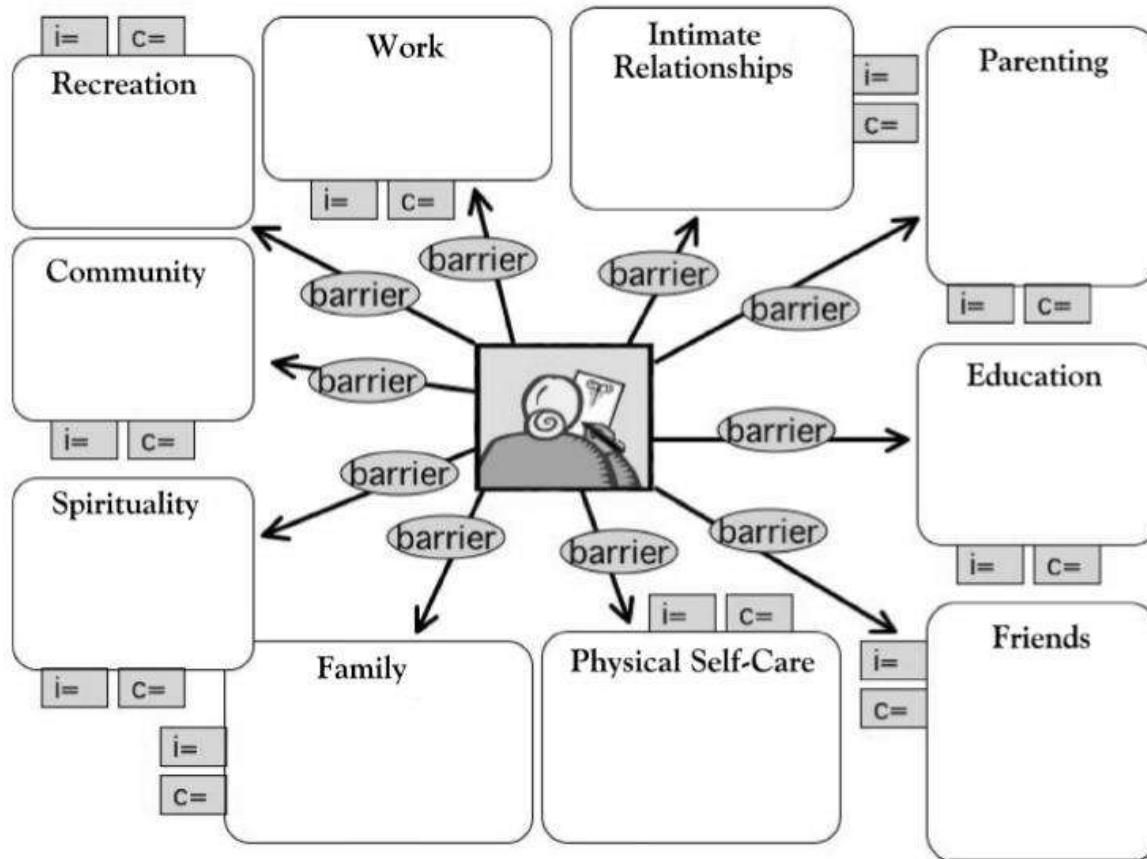
Our thoughts and feelings can change, but no matter what, we are still there. We can learn to be like the sky, making room for all sorts of weather that turns up, and still be ourselves.



Values

- ▶ Describe global qualities of ongoing behavior (e.g., hard working, supportive, conscientious, compassionate, open, spiritual, imaginative, etc)
- ▶ Are deeply personal
- ▶ Create a sense of life meaning, purpose, and direction
- ▶ Aspirational (ie, what qualities or strengths do you want to exhibit on an ongoing basis) and
- ▶ Motivational

LIFE COMPASS



Values: Interventions

- ▶ What do you want your life to stand for?
- ▶ 90th Birthday exercise
- ▶ After the Party exercise
 - ▶ What did you worry too much about?
 - ▶ What did you spend too little time doing?
 - ▶ What would you do differently from this day onward?

Pain and Values: Two Sides of the Coin

Often the things that matter most to us are things that come with the risk of failure, loss, or physical/emotional discomfort (e.g., relationship, job, promotion, etc.)

Think about an important relationship or valued activity that is very meaningful to you, but lately have been less engaged in, pulling away from, or not taking much action

Pain and Values: Two Sides of the Coin

Step 1: One side of index card or paper: write down what valued action you want to take in your relationship or this area of living.

Step 2: Other side of index card: write down what difficult thoughts and feelings (about failure or loss) or physical sensations might show up for you if you start acting toward this value.

Step 3: Now take that card and put it in your pocket, wallet, or purse. For the next week, take it out and ask yourself: “Am I willing to have that card, both sides of it, or do I choose to throw it all away?”



Pain and Values: Two Sides of the Coin

FRONT OF CARD – VALUED ACTION

To be more present and focused when I am with my spouse and children, to listen more and put my phone down

BACK OF CARD – PAIN/DISCOMFORT

The feeling of anxiety about all of the things that need to get done

The thought “I have so many things on my mind, I need to be alone”

The thought “I can’t waste time playing a game, there is work to be done around here”

Unwelcome Party Guest



My Valued Action Plan

Life Domain	Valued Actions What? Where? Who?	Barriers/Obstacles	Acceptance/Defusion/ Mindfulness Strategies
Family Relationships			
Social Relationships			
Work/Volunteer/ Project Activities			
Recreation/Leisure			
Health/Well-Being			
Personal Growth /Learning			

My Valued Action Plan

Life Domain	Valued Actions What? Where? Who?	Barriers/Obstacles	Acceptance/Defusion/ Mindfulness Strategies
Family Relationships	Want to be present for my children or grandchildren		
Social Relationships			
Work/Volunteer/ Project Activities			
Recreation/Leisure			
Health/Well-Being			
Personal Growth /Learning			

My Valued Action Plan

Life Domain	Valued Actions What? Where? Who?	Barriers/Obstacles	Acceptance/Defusion/ Mindfulness Strategies
Family Relationships	Want to be present for my children or grandchildren	pain won't allow me to sit at games can't get housework done and play with them too	
Social Relationships			
Work/Volunteer/ Project Activities			
Recreation/Leisure			
Health/Well-Being			
Personal Growth /Learning			

My Valued Action Plan

Life Domain	Valued Actions What? Where? Who?	Barriers/Obstacles	Acceptance/Defusion/ Mindfulness Strategies
Family Relationships	Want to be present for my children or grandchildren	pain won't allow me to sit at games can't get housework done and play with them too	Recall the unwelcome party guest metaphor; Be mindful of each activity
Social Relationships			
Work/Volunteer/ Project Activities			
Recreation/Leisure			
Health/Well-Being			
Personal Growth /Learning			

My Valued Action Plan

Life Domain	Valued Actions What? Where? Who?	Barriers/Obstacles	Acceptance/Defusion/ Mindfulness Strategies
Family Relationships	Want to be present for my children or grandchildren	pain won't allow me to sit at games can't get housework done and play with them too	Recall the unwanted roommate metaphor Be mindful of each activity
Social Relationships	Go out for coffee with a friend		
Work/Volunteer/ Project Activities			
Recreation/Leisure			
Health/Well-Being			
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My Valued Action Plan

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Social Relationships	Go out for coffee with a friend	Need to ask, fear and guilt about letting friend down if I can't make it, might have to talk about how I'm doing	
Work/Volunteer/ Project Activities			
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Work/Volunteer/ Project Activities			
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Work/Volunteer/ Project Activities			
Recreation/Leisure	Go to a local park and connect with nature or a book signing at local book store		
Health/Well-Being			
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Recreation/Leisure	Go to a local park and connect with nature or a book signing at local book store	Pain, guilt about not working, self-criticism, urges to do something easier	Use "I notice I'm having the thought that ..." to separate from thoughts and do what matters
Health/Well-Being			
Personal Growth /Learning			

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Health/Well-Being	Begin a regular walking routine or join an aqua fitness class		
Personal Growth /Learning			

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Recreation/Leisure	Go to a local park and connect with nature or a book signing at local book store	Pain, guilt about not working, self-criticism, urges to do something easier	Use "I notice I'm having the thought that ..." to separate from thoughts and do what matters
Health/Well-Being	Begin a regular walking routine or join an aqua fitness class	Pain, self-conscious of appearance, have to find a place to go, too many responsibilities	
Personal Growth /Learning			

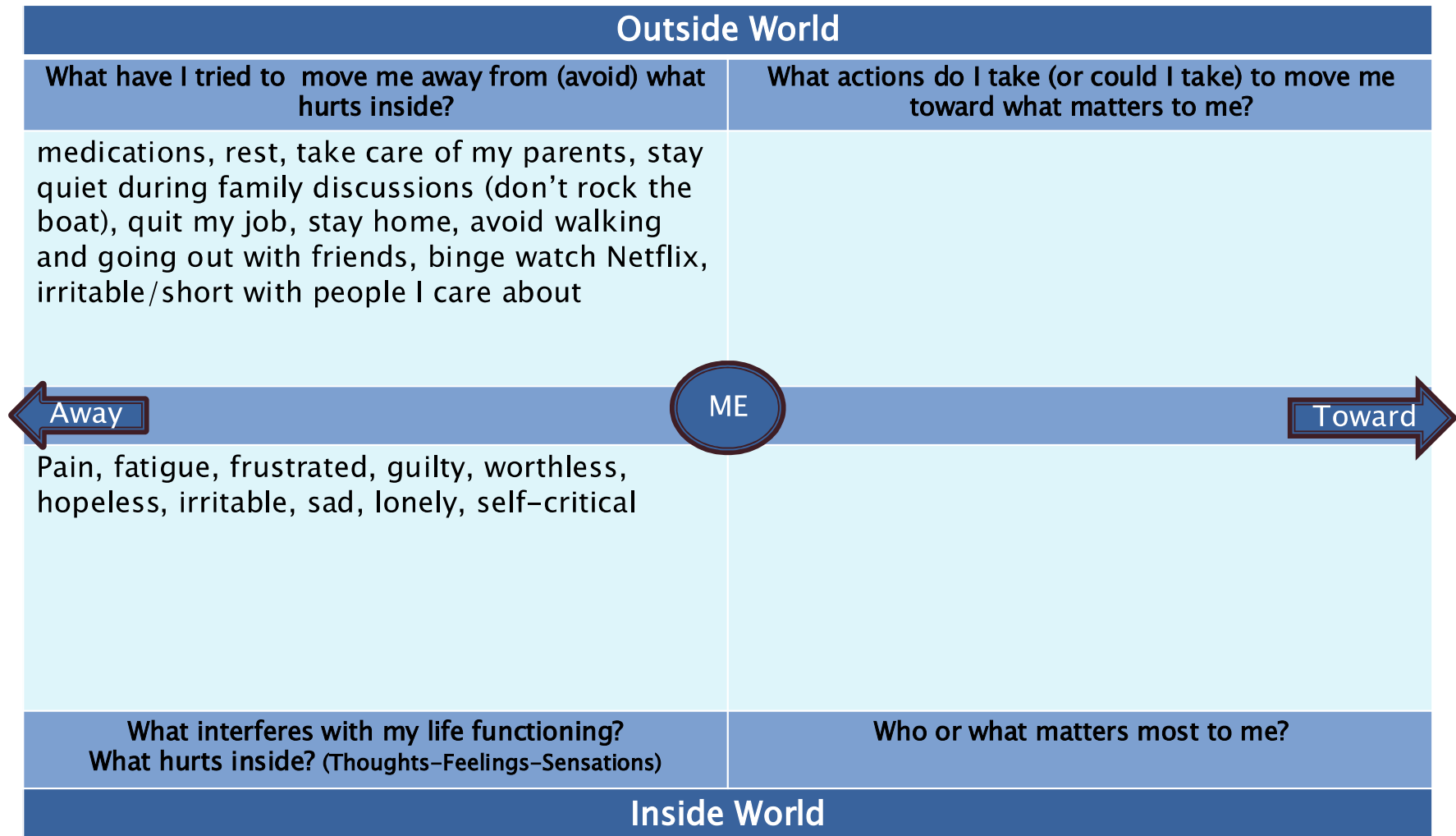
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Recreation/Leisure	Go to a local park and connect with nature or a book signing at local book store	Pain, guilt about not working, self-criticism, urges to do something easier	Use "I notice I'm having the thought that ..." to separate from thoughts and do what matters
Health/Well-Being	Begin a regular walking routine or join an aqua fitness class	Pain, self-conscious of appearance, have to find a place to go, too many responsibilities	Two Side of a Coin: Ask myself whether avoiding short term discomfort is more important than my long term health and well being
Personal Growth /Learning			

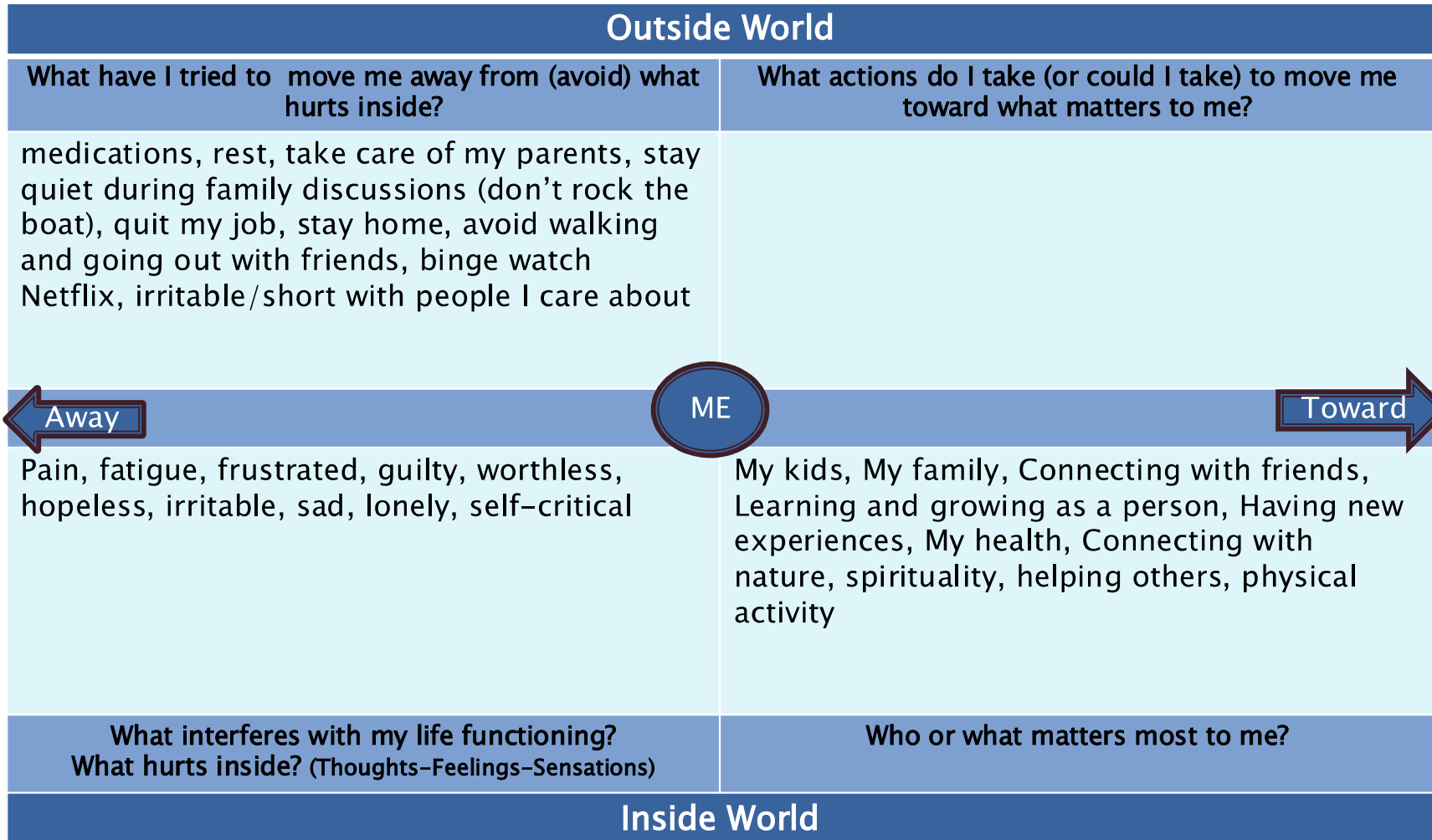
Case Study: Lauren

Lauren, age 54, has a history of diffuse body pain that was diagnosed by a rheumatologist as fibromyalgia syndrome. Her analgesic medications have only been moderately effective, and she continues to experience pain, fatigue, and physical limitations across a number of life domains. At her first appointment, she stated that she was frustrated with how her symptoms are impacting her. She also said that she feels irritable, guilty, worthless, and hopeless about her future. Lauren separated from her spouse of 32 years recently and described that relationship as emotionally abusive. She has two grown children and two young grandchildren and wishes she could spend more time with them. She stopped working as a legal assistant, something that she really enjoyed, about 5 years ago, and indicated that her quality of life has diminished greatly, plus she criticizes herself and feels sad about not working. Although she has four siblings, she is the one who spends the most time taking her parents to their appointments and helping them with whatever they need. She figures that she should do this because she is no longer working. She spends the rest of her time at home binge watching Netflix and is disconnected from activities that she enjoyed in the past, including walking, dining out, and socializing with friends.

Lauren's Pain Matrix



Lauren's Pain Matrix





ME

Lauren's Pain Matrix

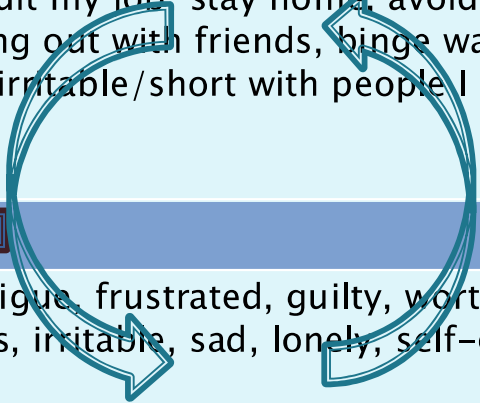
Outside World	
<p>What have I tried to move me away from (avoid) what hurts inside?</p>	<p>What actions do I take (or could I take) to move me toward what matters to me?</p>
<p>medications, rest, take care of my parents, stay quiet during family discussions (don't rock the boat), quit my job, stay home, avoid walking and going out with friends, binge watch Netflix, irritable/short with people I care about</p>	<p>Spend more time with my friends, Spend more time with my grandkids, Take a course, Join a scrapbooking club, Start going for walks in the forest, Let my family know that I need help, Continue to help caring for my parents, Do some self-care activities, volunteer</p>
Away	Toward
<p>Pain, fatigue, frustrated, guilty, worthless, hopeless, irritable, sad, lonely, self-critical</p>	<p>My kids, My family, Connecting with friends, Learning and growing as a person, Having new experiences, My health, Connecting with nature, spirituality, helping others, physical activity</p>
<p>What interferes with my life functioning? What hurts inside? (Thoughts-Feelings-Sensations)</p>	<p>Who or what matters most to me?</p>
Inside World	

ME

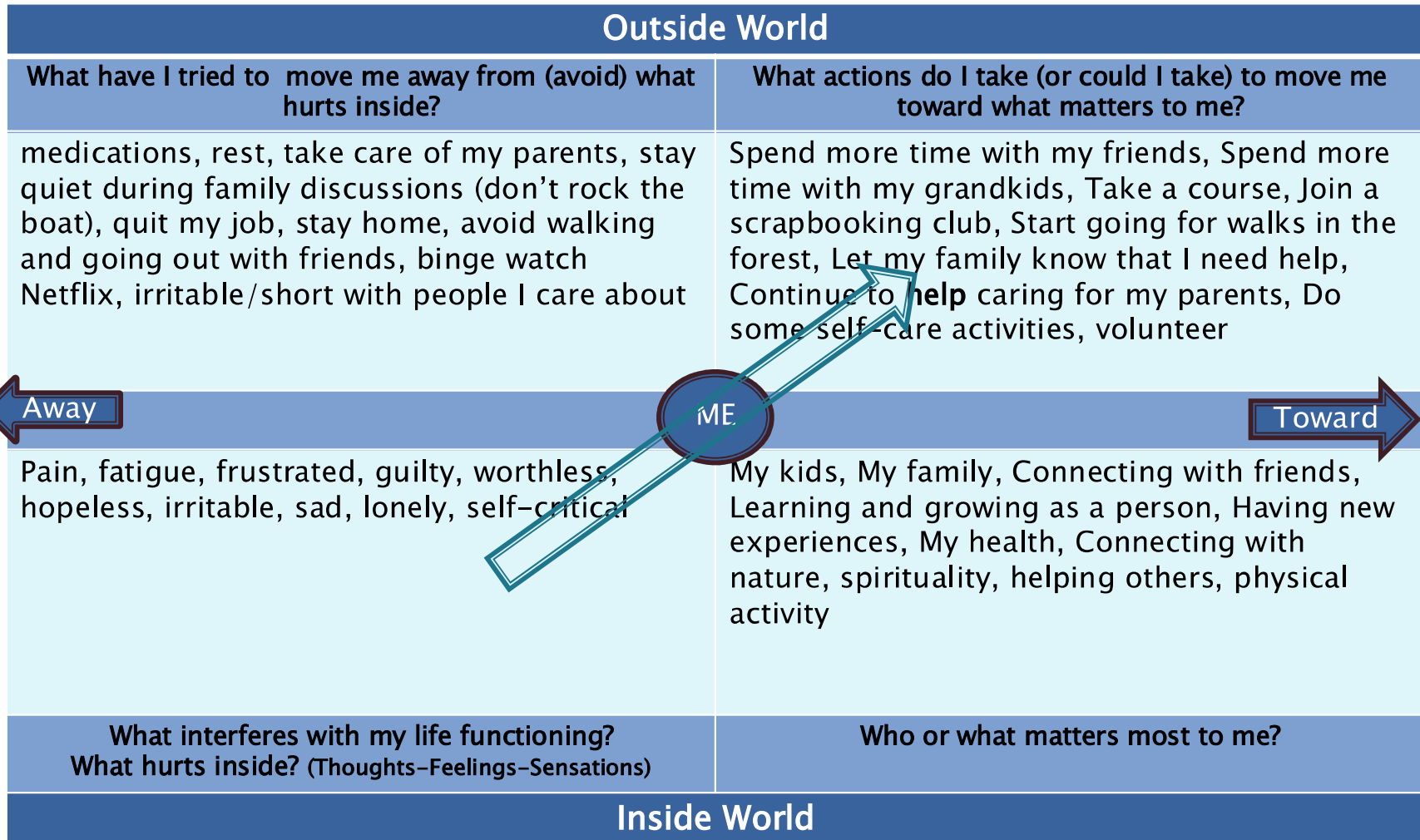
Lauren's Pain Matrix

Outside World	
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 ←	→ 
<p>Pain, fatigue, frustrated, guilty, worthless, hopeless, irritable, sad, lonely, self-critical</p>	<p>My kids, My family, Connecting with friends, Learning and growing as a person, Having new experiences, My health, Connecting with nature, spirituality, helping others, physical activity</p>
<p style="text-align: center;">What interferes with my life functioning? What hurts inside? (Thoughts-Feelings-Sensations)</p>	<p style="text-align: center;">Who or what matters most to me?</p>
Inside World	

ME



Lauren's Pain Matrix





Optional Next Steps

- Practice the Strategies discussed today
- Ask for a referral to the ACT group
- Access these online resources (through the Power over Pain portal):
IMPACT: Acceptance and Commitment Therapy for Chronic Pain (webinar that introduces the IMPACT program)
<https://vimeo.com/887336960?fl=pl&fe=sh>

IMPACT Program: [Impact Program](https://learn.poweroverpain.ca/courses/impactprogram/)
<https://learn.poweroverpain.ca/courses/impactprogram/>

The Happiness Trap

Free Resources from Dr. Russ Harris

- For further assistance, you may request a referral to Psychology

Questions?



**University
of Manitoba**



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé

Thank you!



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Winnipeg Regional
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À l'écoute de notre santé