Let’s Start with Guided Meditation...

How did that go?
Mindfulness Based Interventions for Chronic Pain

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Objectives

- At the end of this session, participants will be able to:
  - Describe the use of Acceptance and Commitment Therapy (ACT) for Chronic Pain
  - Come to a new understanding regarding the relationships between pain, suffering, and life
  - Use a few mindfulness techniques to promote well-being
Definitions
- Acute VS Chronic Pain
- Types of Pain

Musculoskeletal
- Neuropathic
- Headache

Emotional Pain
- Neuropathic
- Headache
Epidemiology

- Chronic Pain is a **Problem! It is:**
  - Common
  - Expensive
  - Hard to Live With

What is ACT?

- Acceptance and Commitment Therapy
Pain and Suffering

Be here now: contact with the present moment

Acceptance: Open up

Defusion: Watch your thinking

Psychological flexibility: be present, open up & do what matters

Values: know what matters

Committed action: Do what it takes

Self-as-context: pure awareness
Contact with the Present Moment

- To be psychologically present: consciously connected with and engaged in whatever is happening in the moment, both physical and psychological worlds.
- Commitment to focus
- Moment-to-moment orientation
- Nonjudgmental stance

Acceptance

- Acceptance/Willingness: Means to open up and MAKE ROOM for painful feelings, sensations, urges, and emotions.
- “Quicksand”
Cognitive Defusion

- **Fusion**: to get caught up in our thoughts and allow them to dominate our behavior.
- **Defusion**: to separate from thoughts, letting them come and go without being caught up in them.

### Fusion Exercise:
- “The Lemon”

### Defusion Exercise:
- Repeat for 60 seconds
Self as Context

- Self-as-Context: “A continuous and secure I from which events are experienced, but that is also distinct from those events” (Luoma, Hayes, & Walser, 2007)
- In other words- A viewpoint from which we can observe thoughts and feelings, and a “space” in which those thoughts and feelings can move. (Harris, 2009)

Values

- Values: Statements about what we want to be doing with our lives: about what we stand for, and how we want to behave on an ongoing basis.
- “Funeral Exercise”
Committed Action

- Taking larger and larger patterns of effective action, guided and motivated by values.
- Goal:
  - To help clients live a life based more on values than avoidance of pain.

It all starts with living in the present
References