



**Pain-Management Coaching:
Integrative and Complementary Strategies for
Complicated Pain**

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Disclosure

- None

Learning Objectives

- Learn how coaching establishes restorative partnerships with patients
- Identify several contributing factors to non-functionality and how techniques used in pain management coaching increase compliance and functionality.
- Learn positive effects of groups in pain management





Jim's perspective

- I am hopeless
- I am broken and heartbroken
- I desperately want an answer
- Why can't modern medicine fix this?
- I am skeptical that anything will work
- I hope the plane crashes

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- The shifted focus on the biopsychosocial aspects of chronic pain necessitates an interdisciplinary team of practitioners. Often these interdisciplinary teams include primary care providers, psychologists, pharmacists, and physical therapists . However, the emergence of the health & wellness coaching (HWC) may offer added value to the interdisciplinary care team by helping the patient identify their personal values and goals to determine the most effective pain management plan recognizing that anxiety, depression, stress, insomnia, and disability are closely associated with long-term pain.

Health and wellness coaching positively impacts individuals with chronic pain and pain-related interference, Zachary D. Rethorn ,Robert W. Pettitt,Emily Dykstra,Cherie D. Pettitt. Published: July 27, 2020<https://doi.org/10.1371/journal.pone.0236734>

Pain-Management Coaching

- Completely telephonic
- TCC is International and utilized throughout North America
- English and Spanish
- Difficult to treat, housebound clients to have a world class **bio/psycho/social** program brought right to their home

What is Coaching and How is it Different?

- Coaching is a nonjudgmental partnership focusing on strengths and solutions rather than weaknesses and barriers.
- It is built on trust, rapport and confidential support of the client and is client-driven rather than provider driven.
- The coach has ample time to spend with client to help facilitate positive change.
- The client learns and makes positive lifestyle changes at their own pace, not at the pace of their coach or provider.

NBHWC's Definition of H & W Coaching

Health and Wellness Coaches **partner** with clients seeking self-directed, lasting changes, aligned with their values, which promote health and wellness and, thereby, enhance well-being. In the course of their work health and wellness coaches display **unconditional positive regard** for their clients and a belief in their **capacity for change** and honoring that each client is **an expert** on his or her life, while ensuring that all interactions are **respectful and non-judgmental**.

NBHWC

The Paradigm Shift

Moving from a passive “Cure me” mentality to realizing there are active things that can be done to manage the experience of pain.

The Paradigm Shift

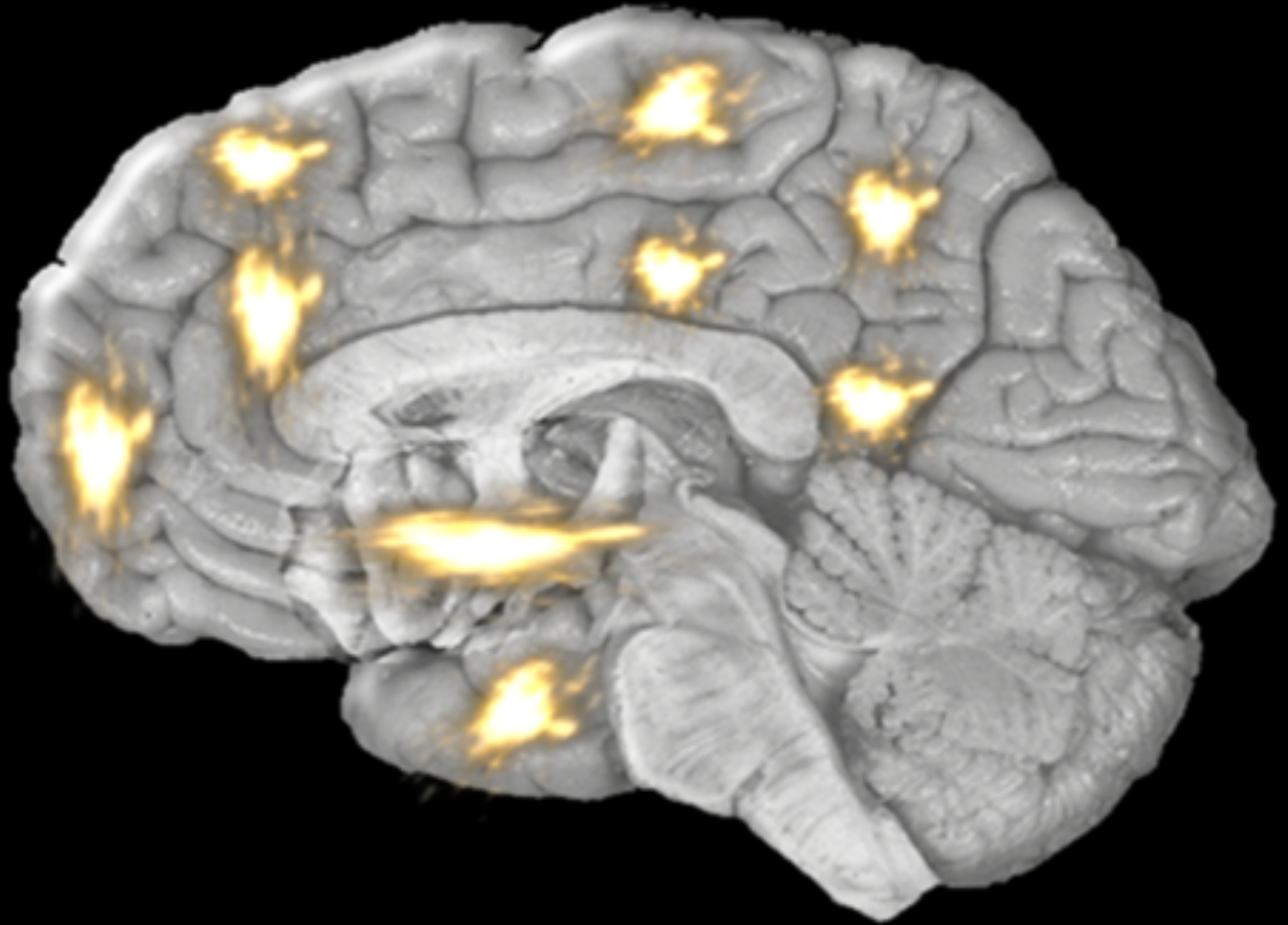
“Cure me” → “I accept my pain”

“I suffer with pain” → “I LIVE with pain”

Pain as a sensation → Pain as an experience



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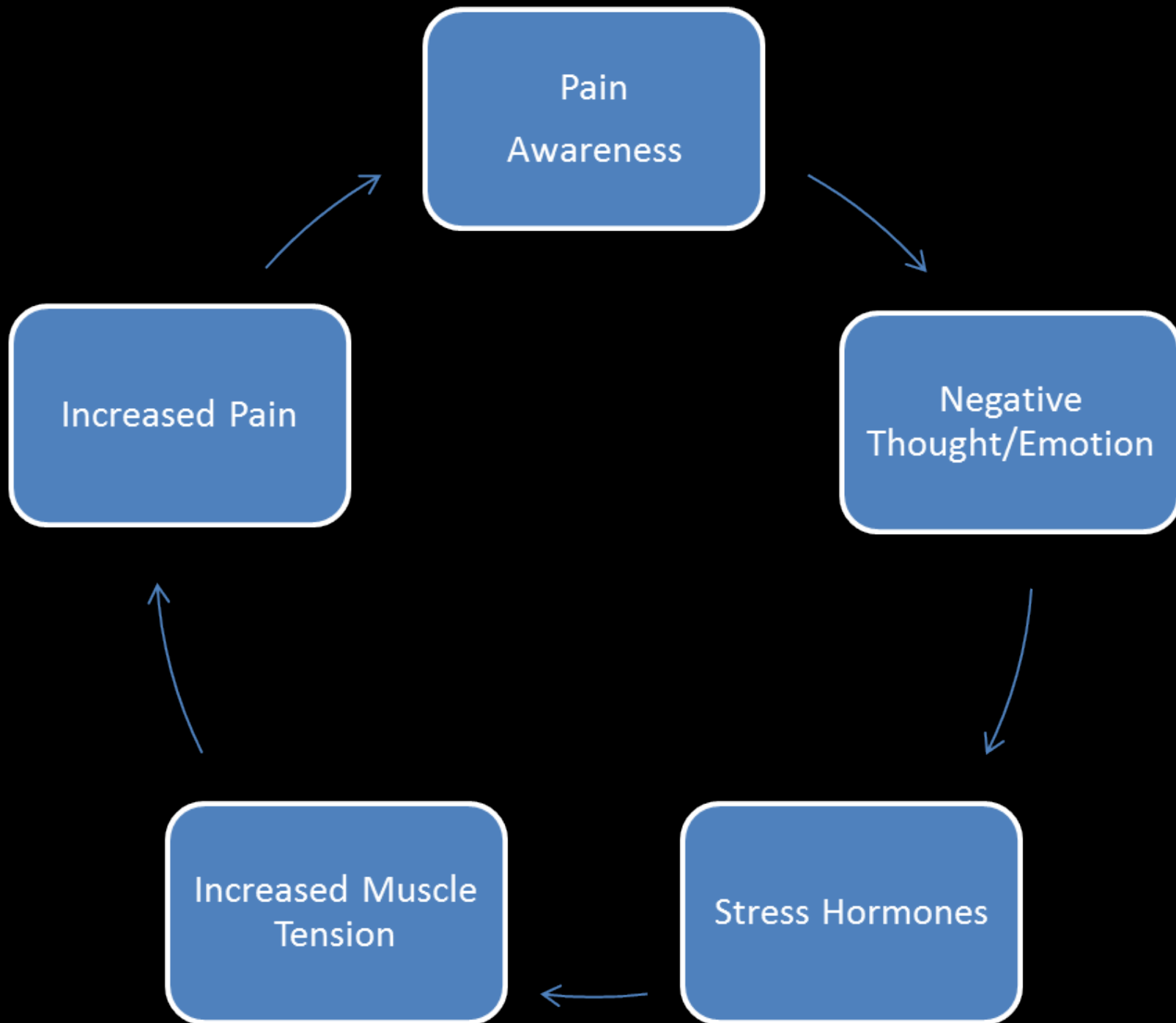


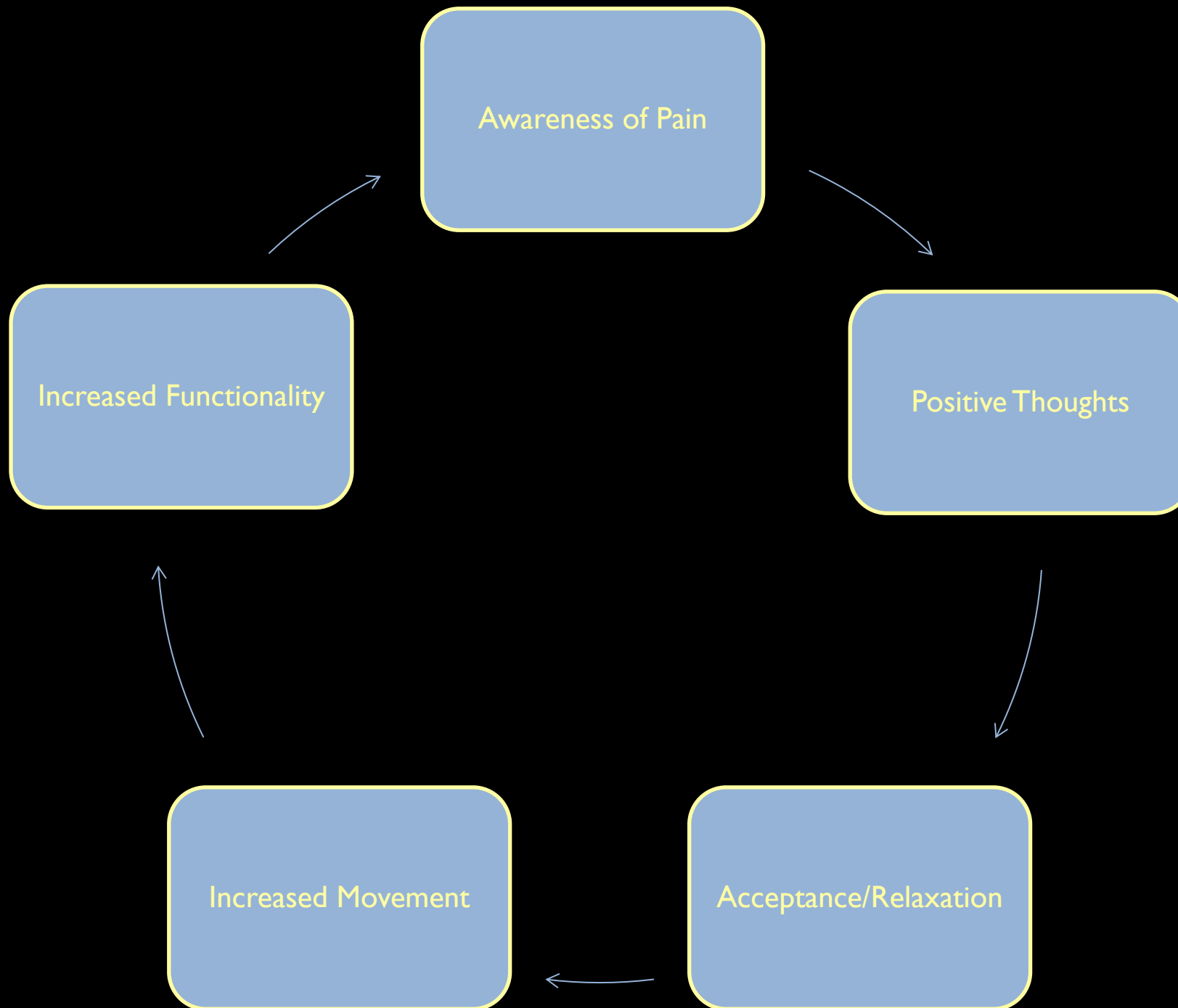
What we focus on
we empower
and enlarge

The Brain Learns Pain:

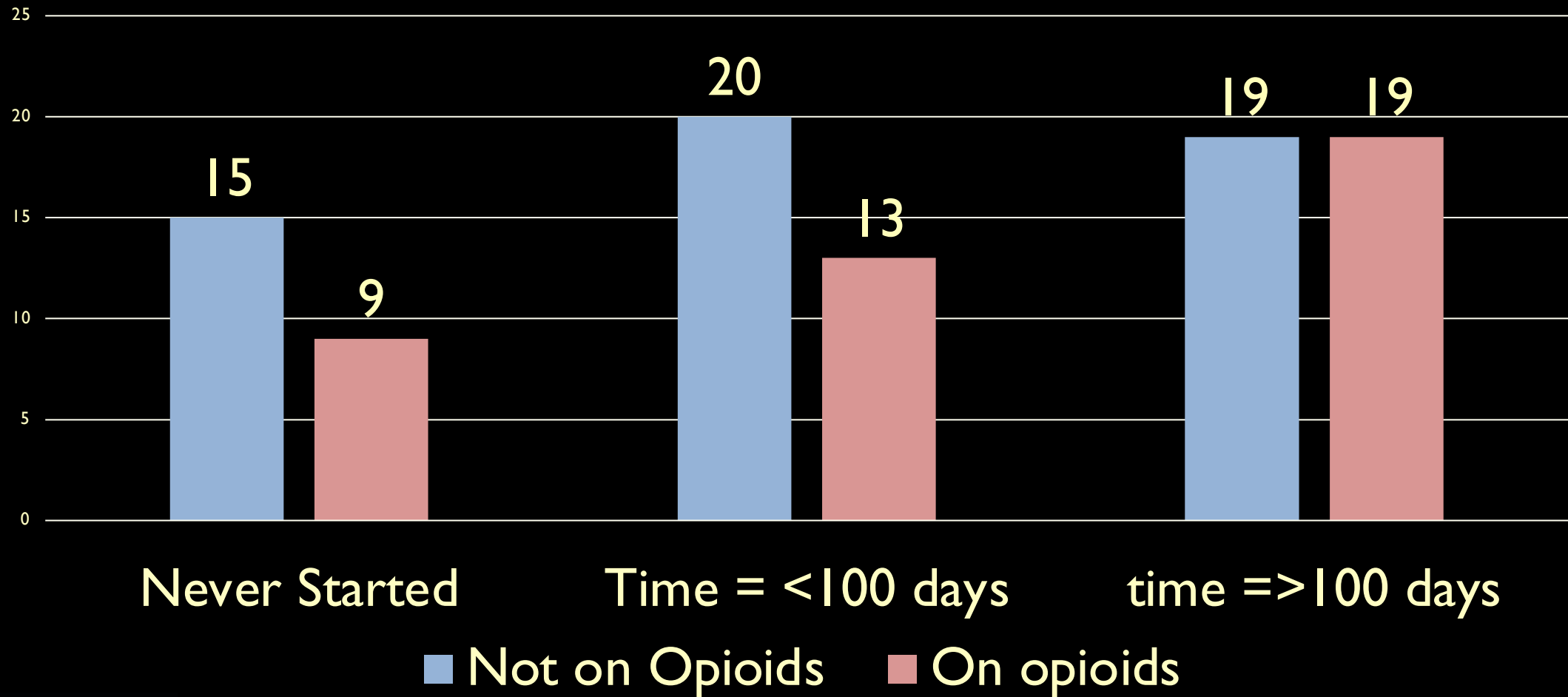
- 5% of nerve cells are normally dedicated to pain processing
- Chronic pain expands this to 15-25% of the cells
- The process of repetition reinforces the strengthening of brain pathways
- This causes anatomical changes in the brain

- Michael H. Moskowitz, MD, Marla Golden, DO, Neuroplasticity: Changing the Brain in Pain, Vol. 1, No. 1, April 2010, <http://www.neuroplastictransformation.com/sites/default/files/Brain%20Training%20Newslester%202.pdf>, (accessed April 2012).

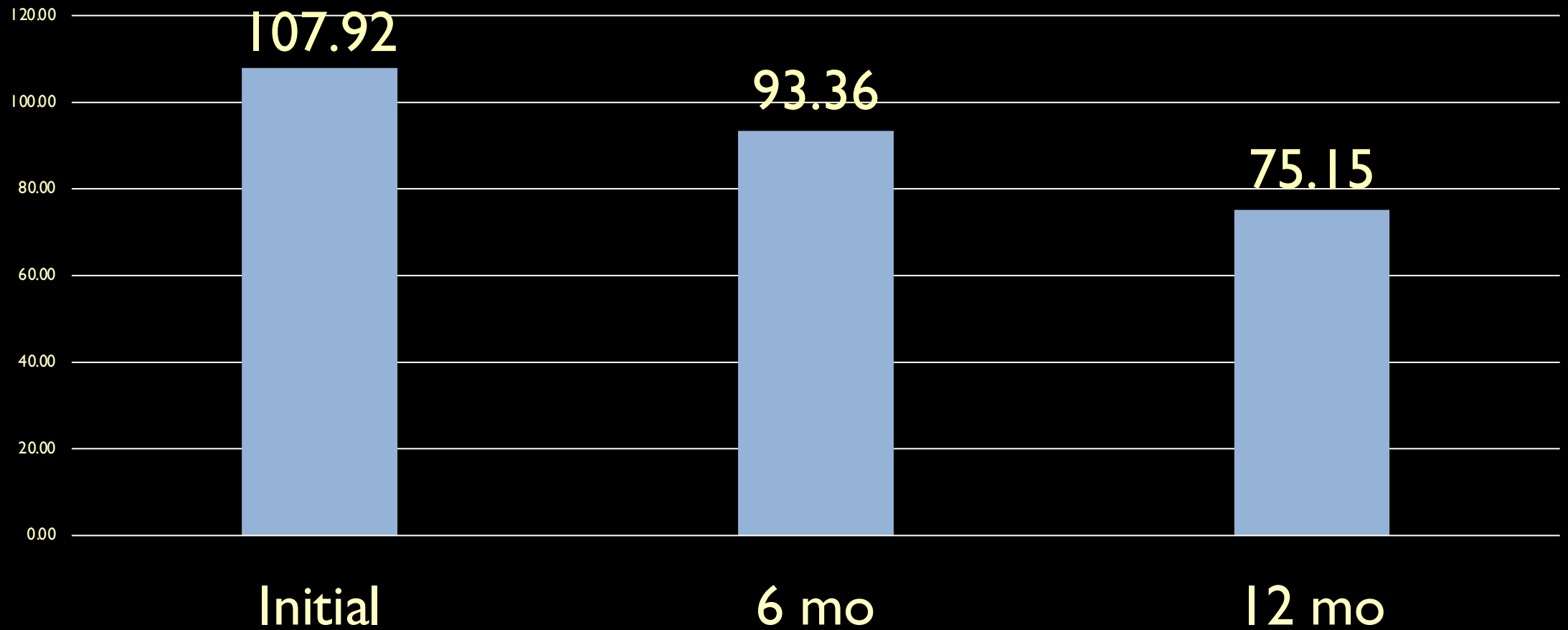




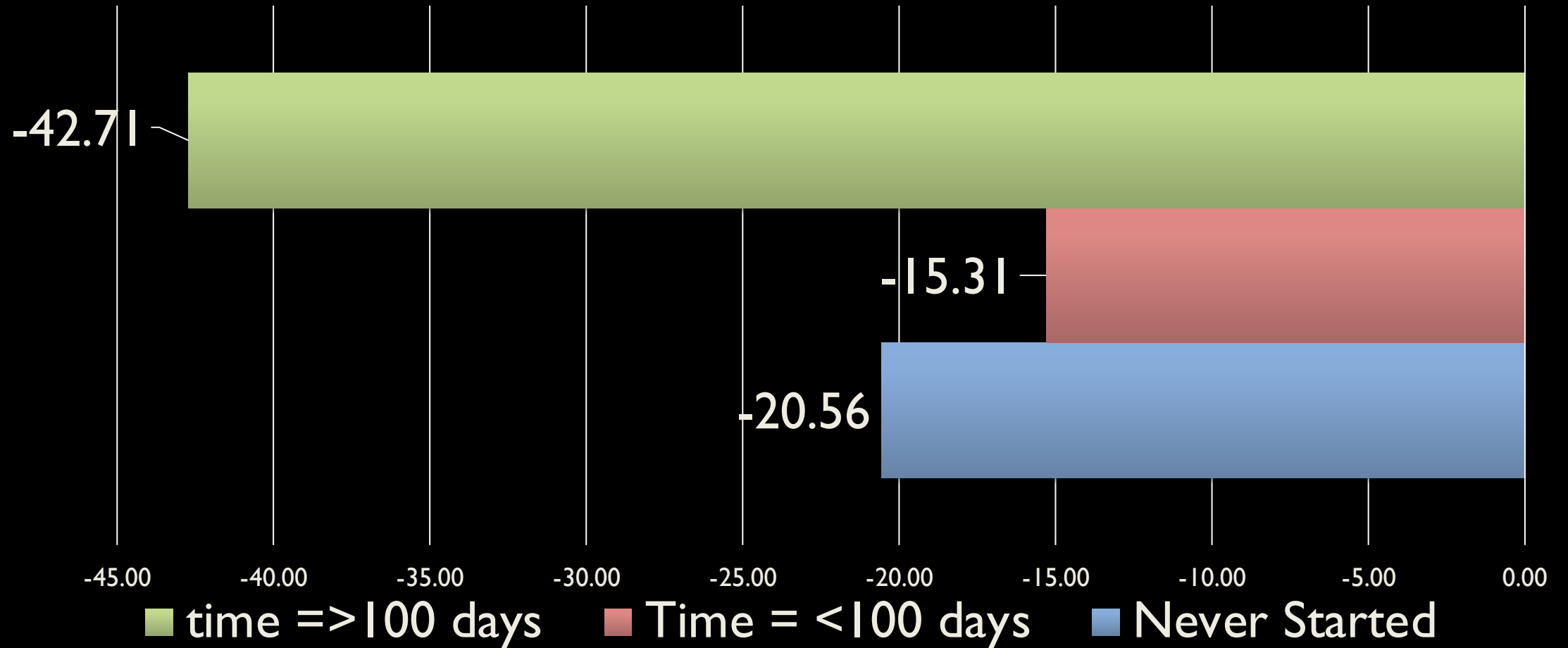
Opioid Status of Veterans Referred to TCC (active not included)



POQ Total Score changes



Decrease in MEDD In Veteran's referred to TCC







Q & A

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