

HOT SAUCE PAIN MANAGEMENT CURRICULUM

Overall outlook: Clients will come to believe that they can truthfully take the time to think things through thoroughly so that short-term impulses do not lead to long-term negative consequences. Specifically, controlled substances will be taken as prescribed. Clients will not take other people's controlled substances. Street drugs will not be used.

Clients will personally participate in complimentary medicine. By doing so they will develop first hand knowledge of the feelings and sensations of meditation, mindfulness, qi gong, yoga, stretching, hot and or cold therapy, diet, and acupuncture.

Clients will gain confidence, based on experience, that they can successfully managed pain.

Group One Discussion

- 1) The nature of addiction.
- 2) The similarities of daily recovery and pain management.

Concepts:

Self-care, self-growth, self-love are necessary for recovery and pain management.

Recovery is more then not doing drugs. Pain management is more then taking controlled substances.

Finding ease and comfort despite the disease.

Group Two Discussion

- 1) Containing pain
- 2) Containing triggers
- 3) Containing cravings and so that medication compliance occurs
- 4) The thirty seventy rule

Concepts:

Defining triggers and cravings.

Developing realistic expectations of pain management.

There are appropriate ways to manage chronic pain. We will discuss how to use recovery tools and pain management tools so that one can function in life at a realistic level.

Group Three Discussion

- 1) The cycle of change
- 2) What are your pain management goals?
- 3) What actions can you do to achieve your pain management goals?

Concepts:

You are responsible for your pain management.

Both pain management and recovery help to heal the mind, body, and spirit.

Group Four Discussion

- 1) Building Recovery Support
- 2) 12 Step Groups, Rational Emotive Therapy / SMART Recovery / The A,B,C's
- 3) Pain management support groups
- 4) Recreational Activities

Concept:

One way to help your self is to learn from other people.

One way to help you self is to help other people.

The Cycle Of Change: Where do you obtain support for pain??

Group Five Discussion

- 1) The Brain, Pain , Trauma, and Addiction
- 2) How controlled substances help manage pain
- 3) How meditation, relaxation, exercise help manage pain

Concepts:

Our thoughts and actions influence the brain's structure.

Managing pain, maintaining recovery can re-wire the brain.

One can anticipate danger-zones in order to not relapse and to insure medications are taken inappropriately.

How opiates, NSAIDS, muscle relaxers, anti-depressants work to manage pain.

Cycle of change: what are you doing to manage your pain? What are you doing for your recovery?

Group Six Discussion

- 1) Relapse takes time and does not happen instantly.
- 2) What events have caused relapse / taking medications in a non-prescribed manner?
- 3) What can be done to prevent relapse and guarantee medication compliance?

Concepts:

The cycle of change and relapse prevention.

Thoughts, feelings, and attitude lead to what next.

Cycle of change: what are you doing to heal your mind, body, and spirit? What are you doing to guarantee medication is taken as prescribed?

Cycle of change: what are you doing to stay clean?

Group Seven

- 1) Sleep and pain management.
- 2) Diet and pain management.
- 3) Supplements and pain management.
- 4) Exercise, mobility, and pain management.

- 5) Massage and acupuncture for pain management.
- 6) Meditation, mindfulness, qi gong for pain management.

Concepts:

There is more to pain management than taking pills.

Cycle of change: What can you do to improve diet, sleep, fitness, mobility, pain management?

Group Eight

- 1) Defining acute pain, chronic pain, neuropathic pain, nociceptive pain, anticipatory pain, phantom pain, organ pain, emotional pain.
- 2) Words that accurately describe pain.
- 3) Learning about the 1 through 10 pain scale.
- 4) The benefits of a pain diary

Concepts:

There are many varieties of pain.

Physical pain is often connected to emotional pain.

Describing pain is a skill.

Different pains require different treatments.

Successful pain management brings healing to the mind, body, and spirit.

Cycle of change: What can you do to accurately describe pain to your doctor?

Group Nine

- 1) Pain affects the mind, body, and spirit.
- 2) Pain affects one's self-esteem, family, outlook on life.
- 3) Coping with difficulties and challenges.

Concept

Pain management means more than taking a pill.

Who provides support for your mind, body, and spirit's growth and strength?

"I am not my disease."

Having fun contributes to pain management.

How a recovery routine / pain management routine can be useful in difficult times.

Cycle of change: what are you doing to bring the ease your pain? How do you handle difficult times in your life?

Group Ten

- 1) Managing acute pain**
- 2) Staying in recovery**
- 3) Coping with physical ups and downs**

Concepts:

Recovery and pain management are lifestyles.

Thoughts, feelings, and attitude develop what next.

R.I.C.E.

NSAIDS

Complimentary medicine and allopathic medicine create multiple options.

Group Eleven

- 1) Handling stress**
- 2) Setting boundaries**
- 3) Perseverance furthers**
- 4) Handling depression**

Concepts:

Ways to avoid procrastination

The benefits of a calendar

Exercise and endorphins

Mindfulness, meditation, qi gong

Being alone verse being lonely

Group Twelve

- 1) Old Town Clinic Resources for pain management**
- 2) Community resources for recreation**
- 3) Community Resources for counseling**
- 4) Community resources for spirituality**

Concept

Resources are available to help heal the mind, body, and spirit

Cycle of change: What are you doing to manage your pain?