



University
of Victoria



The Chronic Pain Self-Management Program

The Chronic Pain Self-Management Program is a community program to help people live successfully with chronic pain. It is led by two trained leaders who complete a four-day training workshop and is delivered in communities to groups of 12-16 persons, once a week for 2 ½ hours, for six consecutive weeks. Participants receive two books which accompany this program and include the “Moving Easy Program” CD which provides a set of easy to follow exercises that can be done in the comfort of your own home.

This program was designed specifically for persons experiencing chronic musculoskeletal pain (such as chronic neck, shoulder, back pain, etc.), whiplash injuries, chronic regional pain syndromes, repetitive strain injury, chronic pelvic pain, post-surgical pain that lasts beyond 6 months, neuropathic pain (often caused by trauma), or neuralgias (such as post herpetic pain, and trigeminal neuralgia), and post stroke or central pain. It may also be appropriate for those with conditions such as persistent headache, Crohn’s Disease, irritable bowel syndrome, people with diabetes who have neuropathy, and for individuals who have severe muscular pain due to conditions such as multiple sclerosis.

The Chronic Pain Self-Management Program: provides knowledge and information; teaches skills that people can use to manage chronic pain; gives people greater confidence in their ability to manage chronic pain; and helps improve peoples’ quality of life.

The Program covers the following topics:

- Debunking myths about Chronic Pain
- Differences between acute and chronic pain
- Understanding the Pain and Symptom Cycle
- Physical Activity and Exercise
- Pacing: Balancing Activity and Rest
- Better breathing and muscle relaxation
- Dealing with Difficult Emotions
- Fatigue and sleep management
- Guided imagery, visualization and distraction
- Working with Health Care Team
- Medication for Chronic Pain
- Depression and Positive Thinking
- Making Informed Treatment Decisions
- Moving Easy Program (CD)

For information about workshop dates and locations:

Lower Mainland 604 940-1273 | TOLL FREE 1 866-902-3767

www.selfmanagementbc.ca | selfmgmt@uvic.ca

Chronic Pain Self-Management Program Evaluation Studies

Two evaluation studies have been conducted and found that people who took the program had positive changes 3 months later which lasted for 12 months, and that the program reduced the costs of chronic pain.

What Participants Say about the Self Management Programs

A well presented and informative workshop of value to those suffering from chronic pain; family members ...obtain information on assisting their loved ones

I learned a lot and enjoyed the course. The leaders were excellent and encouraged us to make friends within the group

The Chronic Pain course ... was a great success; all of us participants were very pleased and would highly recommend it to others. A very warm thank you to the leaders for all their efforts and patience

....excellent material discussed and in the textbook provided. Well presented by the leaders, great response and good participation by all involved with the program...

I have learned different ways to handle my pain. Some things I had not thought of in the past necessarily and just learned different ways how to handle my pain, the different emotions that can arise from feeling the pain and so that helps me personally and professionally

Workshops for this and other self-management programs are offered by the University of Victoria, Centre on Aging and are available Province wide.

Other Self-Management Programs include:
Chronic Disease (Online version also available)
Arthritis/Fibromyalgia
Diabetes
Active Choices