

**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







- I am tired
- I get complaints all day
- People are demanding things I can't give
- The tools I have I don't have time to share
- I feel skeptical that anything will work
- Listening to you has given me hope

Patient 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



Believer

Problem Patient/Larry

- Angry at doctor
- Angry at Workers Comp
- 2 heart attacks due to anger and pain related stress
- Very frustrated about his inability to have any semblance of his former active lifestyle as a parent and a business man

What is Health & Wellness 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**.

NCHWC

Education



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

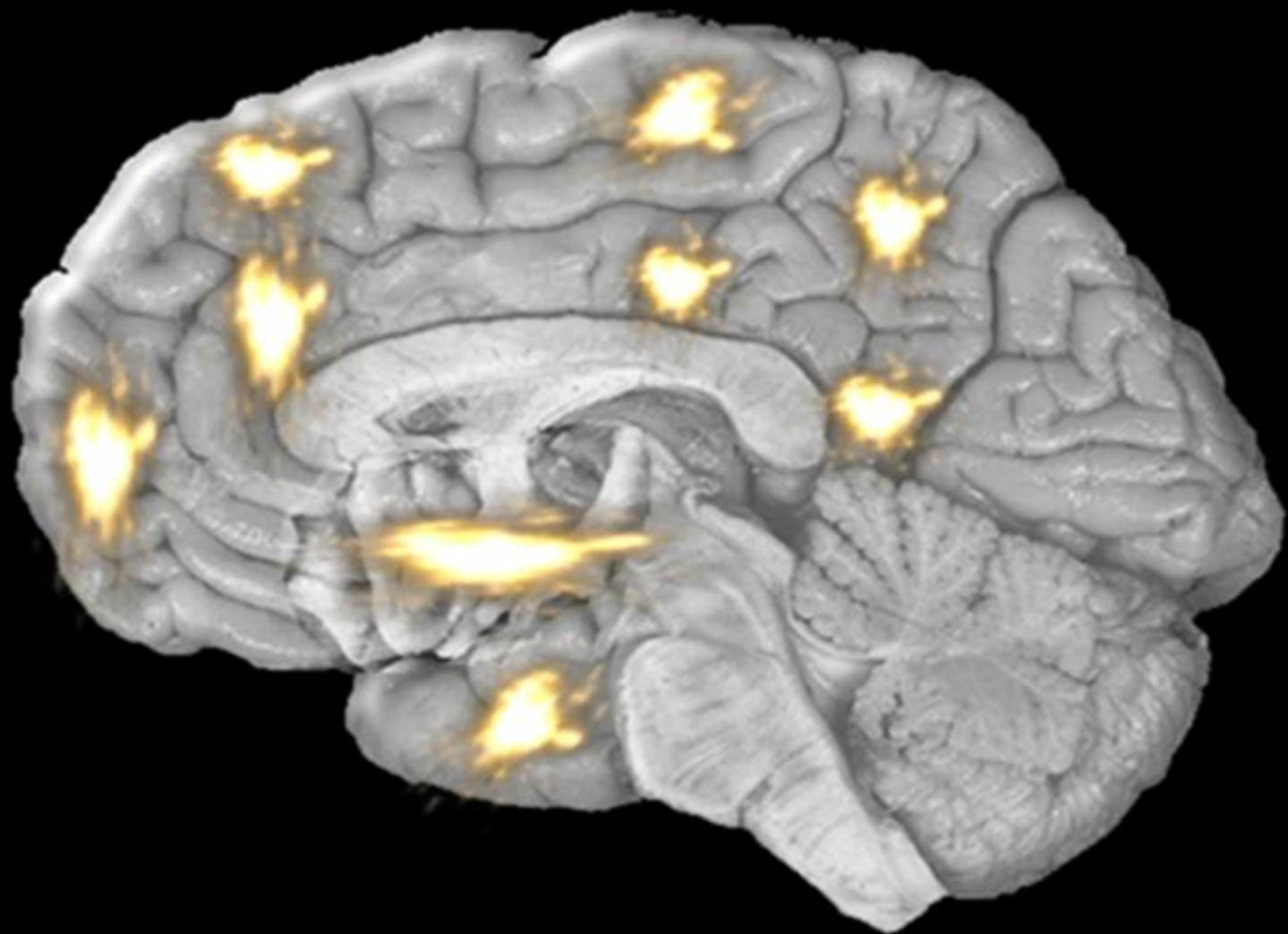


Pain as an experience

A stylized illustration of a neural network. The background is dark blue. Several star-shaped nodes are connected by thin, light blue lines. Two prominent nodes are highlighted with bright red and white glowing lines that resemble lightning bolts. The text "What we focus on we empower and enlarge" is overlaid in a bright yellow, sans-serif font.

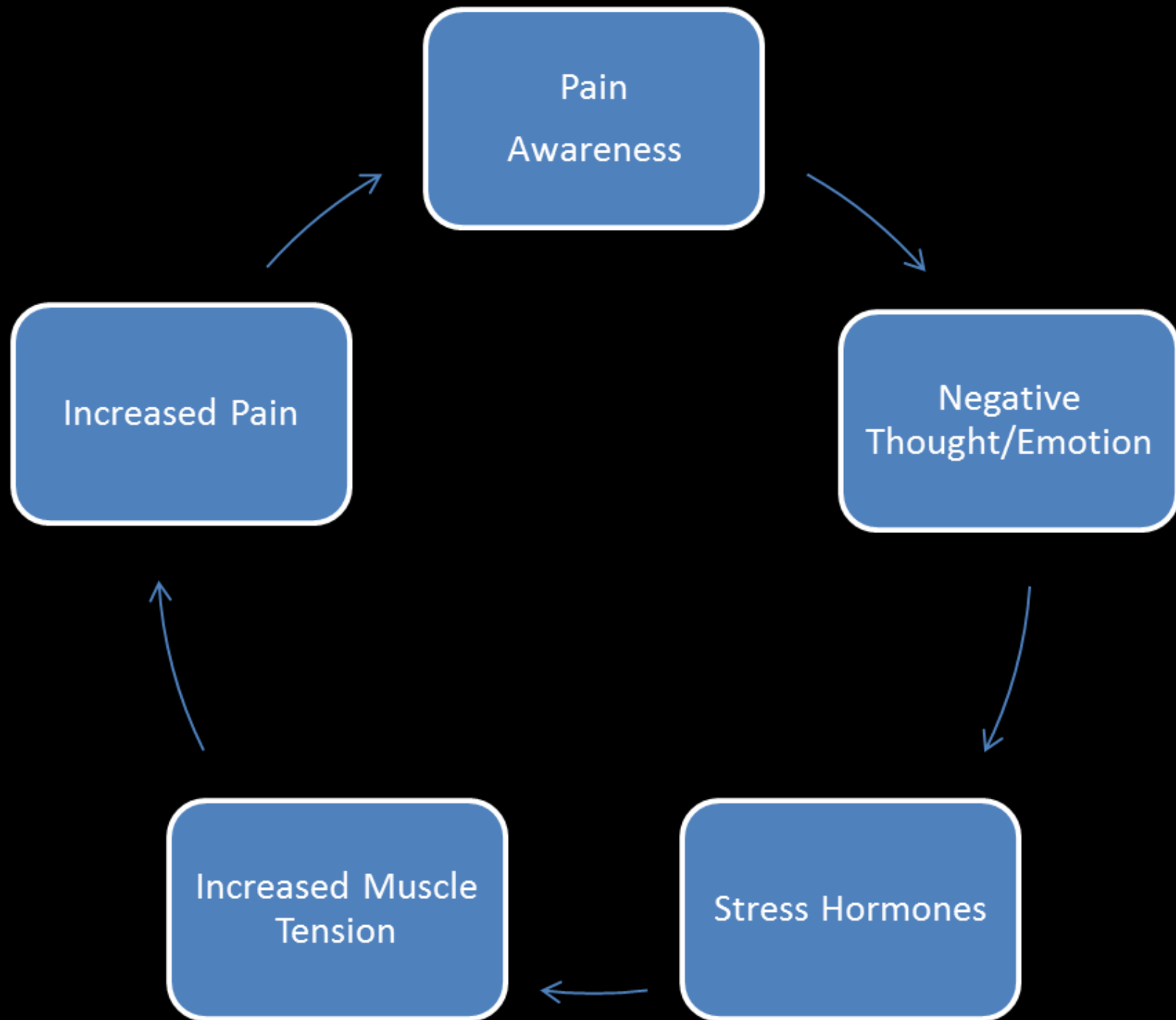
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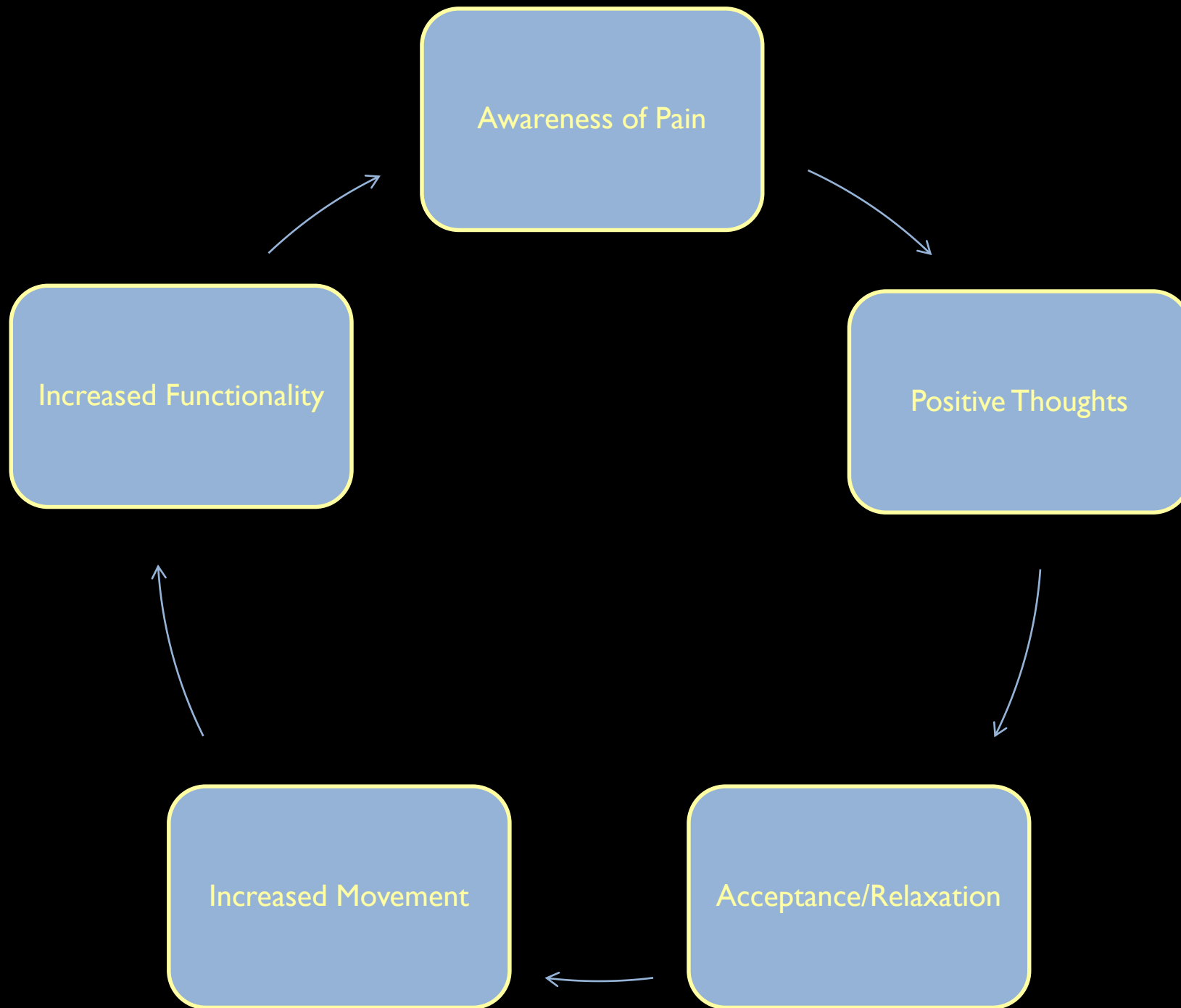




The Brain Learns Pain:

- 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







“...Adults learn best when they are provided with opportunity to discover knowledge and insights for themselves. Coaching rests on this premise of discovery for self, with the client having the expertise and answers.”

The Coach Approach

Builds a working relationship based on respect for the patient's ability to choose the right path for functionality.

- This style increases self-motivation.
- The patient has a greater sense of ownership.
- Patient will be more likely to start making and continue behavior change.

What makes Pain-Management Coaching Different?

- Long-term approach
- Collaborative approach
- Walking clients through the challenges of changing the way they think about pain
- Making everyday choices to reduce pain and the perception of pain
- Learning-through-doing approach
- Facilitated by coaches who understand the nature of pain and patient mindsets that contribute to failure and hopelessness.





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Questions and Answers