

## Chronic Pain

Pain is chronic if it continues for one month following an injury, is not reduced by physical therapy, and produces significant impact on a person's lifestyle.

### Psychological Therapy

Benefits of skilled psychological therapy:

- Help people to cope with chronic pain while medical treatment occurs
- Minimise impacts of negative emotions
- Help people to focus on what they can do rather than on impairments and distress
- Help to communicate their pain objectively to others
- Promote self management of pain
- Focus on enjoyable activities not only on loss

Our Pain psychologist is Gilles Hammond.  
Phone 8295 4150 for an appointment today.



### Adelaide Psychological Services

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## Treatment for chronic pain



Providers of skilled rehabilitation  
psychology services

## Therapy for chronic pain

Psychological therapy for chronic pain addresses eight topics:

- Education about pain
- Effect of emotions on pain
- Beliefs about pain
- Pain and exercise
- Self management of pain
- Family support
- Medications and substances
- Return to work issues
- Compensation issues

### Process

Intervention plans are based on an individual assessment

Evidence-based therapy practices are used

Our psychologists collaborate with other therapists and with rehabilitation coordinators.



## Pain Topics

### Education

How people experience pain  
Safety signals become over-whelmed

### Emotions and pain

Stress increases sensitization, reduces pain thresholds  
Anxiety and depression cycles  
Anger accentuates pain  
Emotional pain  
Emotional coping strategies

### Beliefs about pain

Pain signals damage  
Tolerance of pain  
Avoid actions to minimize pain  
Focus on abilities or disabilities

### Pain and Exercise

Desensitizing brain's response  
Activity pacing

## Pain Topics

### Self management of pain

Identify triggers for pain  
Boundaries before pain begins  
Attention strategies

### Family support

Reaction of key family members

### Medications and substances

Medications and substances

### Return to work issues

Communicating with supervisors & peers

### Compensation issues

Communication with insurer & therapists

### Types of Pain

Back pain, migraine pain and neuropathic pain.

