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Using Positive Psychology in Pain Management with Adolescents

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Complex Pain




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Managing Chronic Pain




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Where do we start?

1. Education about pain (Moseley, 2007).
- Discussion, factsheet,
https://www.youtube.com/watch?v=C_3phB93rvI
2. Meaningful goals
3. Plan



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Stepped care- Stepped resources

Painbytes
<http://www.aci.health.nsw.gov.au/chronic-pain/painbytes>



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Apps

Deep breathing

- My Calm Beat, Breathe 2 Relax, PranayamaFree


Relaxation

- Relax now, Simply Being

Progressive muscle relaxation

- Sleep Well, Camp Pain Retreat

Mindful Meditation www.smilingmind.com.au



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T.A.M.E.

Teaching Adolescents to Manage Pain through Exercise & Empowerment

- Provide self-awareness and self-management skills needed to improve quality of life
- Focus on increasing function and returning to normal activities through pain education and active participation



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Mindfulness



- Notice 5 things
- Mindful movement
- Mandalas
- Eating



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- Positive self-talk
- Gratitude cards, gratitude journal
- Hypnosis

