

Module Topics

1. Emotional Labels
	1. This is the beginning of the concept of separating our “pain feelings” from how we view our day
2. Understanding your pain through charting
	1. We work on my chart I created where we see if we can start to know triggers and soothers.
3. Stress and Pain
	1. Knowing your stressors, breathing, and mindfulness
4. CBT and replacing/changing catastrophic thinking
	1. Some great CBT exercises here.
5. Significant others part 1 (living with a chronic pain patient)
	1. We explore the relationship dynamics from both the Healthy person’s view and the pain patient. Powerful module here and very positive outcomes.
6. Significant others part 2 (living with the healthy person)
	1. We continue this topic and break up into the Healthy people/support people and the Chronic Pain people and explore the feelings we deal with and how to manage these more productively. Emotional coping tools are in here.
7. Alternative Treatments
8. Wellness plan and wrap up
	1. We create a wellness plan and a “go to emergency high pain day plan here.

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