

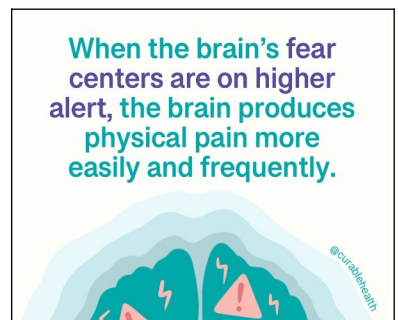
EXPERIENCING CHRONIC PAIN?

- ◆ Are you (or a friend or loved one) suffering from persistent pain?
- ◆ Is pain taking up more and more of your life, negatively impacting your mood, ability to work, play, move, care for yourself and others, and engage in activities that give your life meaning and pleasure?
- ◆ Have your pain symptoms persisted despite having tried a variety of medical treatments and interventions?

If yes, **YOU ARE NOT ALONE**: Chronic pain affects one out of every four to five Americans at some point in their lives. It is the most common cause of disability in the U.S. and the suffering it causes is compounded by the fact that pain can't easily be measured objectively and its persistence can fuel a sense of hopelessness.

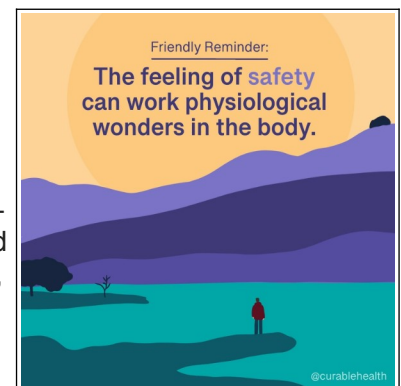
CHRONIC PAIN IS COMPLEX

A paradigm shift is underway in our understanding of what shapes chronic pain. Once thought to be caused solely by structural problems in the body, we now know that the experience of pain is complex and multi-factorial. Pain intensity (and the suffering it causes) is influenced not only by what is going on in the body, but also by things such as our thoughts, emotions, beliefs, context, stress, and our brain's assessment of whether or not we are in danger. When pain persists for more than 3-6 months, changes occur in the brain and nervous system, making the body's "danger-alarm" system more sensitive and overly-protective (a process referred to as "Centralized Pain" or "Central Sensitization"). These changes alter the way we experience and respond to sensations – lowering our pain threshold, amplifying existing pain and even turning "neutral" sensations into painful ones. Left untreated, chronic pain increasingly takes on a self-perpetuating "life of its own," demanding our attention, heightening anxiety about the future and causing a type of suffering that is uniquely private, profound, and largely invisible to others.



NEW HOPE FOR THE TREATMENT OF CHRONIC PAIN

Fortunately, our brain is remarkably "neuroplastic" (capable of reorganizing its structure, function and connectivity in response to learning and new experiences). New therapeutic health education and psychological interventions based on the neuroscience of pain can target and treat the underlying changes that reinforce chronic pain, and restore more normal pain processing. These cutting-edge Mind-Body treatments focus on soothing and "dialing down" an overly-protective nervous system, expanding our capacity to manage distressing sensations and pain-related thoughts and beliefs. Pain Counseling draws from a range of evidence-based cognitive, mindfulness, and somatic-based treatments tailored to target chronic pain, such as CBT (Cognitive Behavioral Therapy), ACT (Acceptance and Commitment Therapy), Therapeutic PNE (Pain Neuroscience Education), and Pain Reprocessing Therapy. Adding specialized psychosocial interventions and other multidisciplinary approaches to existing biomedical models of treating pain can improve outcomes. This is now considered "best practice" in chronic pain treatment (USDHHS, IASP).



Pain Counseling also includes behavioral health interventions to address factors that are directly impacted by pain and that can also be targeted to reduce pain. Examples include areas such as sleep, mood, nutrition and systemic inflammation, identity, purpose, relationships, hobbies, and physical activity. These interventions are tailored to the unique needs, life circumstances and patient-centered treatment goals for each individual. They focus on helping individuals acquire practical tools, resources, and knowledge that they can use in their day-to-day lives in order to reduce pain and suffering, increase a sense of self-efficacy, and reconnect more fully in the endeavors (big and small) that give their life meaning, purpose, and pleasure.

PAIN COUNSELING AT SPINE WEST

These services:

- ◆ are offered by Carol Cowley, MSN, NP, in collaboration with your Spine West provider(s)
- ◆ are offered along side on-going medical evaluation and management of pain conditions
- ◆ are available to established Spine West patients only, with a referral from their Spine West provider
- ◆ are billed as medical visits and covered by private insurance, Medicare, and Medicaid
- ◆ are scheduled through Spine West's front desk: (303) 494-7773
- ◆ include resource navigation and referrals for additional mental health support, if needed or desired
- ◆ do NOT include the prescribing of opioids or other pain medications

Carol Bandura Cowley, RN, MSN, APN-BC

- ◆ Board-certified Advanced Practice Nurse and Women's Health Nurse Practitioner
- ◆ BA in psychology, summa cum laude, Mount Holyoke College (1980)
- ◆ RN-MSN-NP, Yale University School of Nursing (1983)
- ◆ Post-masters coursework in the University of Colorado-Denver's School of Nursing's Psychiatric Mental Health NP program (2010-2011)
- ◆ Stanford Medicine-trained and certified instructor for *Empowered Relief™* and *My Successful Surgery™* programs.
- ◆ Advanced training in ACT and CBT for Chronic Pain, Pain Reprocessing Therapy, Pain Neuroscience Education, NOI: Explain Pain™, Mindful Self-Compassion, and Narrative Therapy
- ◆ An experienced clinician with over 38 years of providing direct patient care in out-patient care settings
- ◆ A traveler on her own journey with pain and a rare, adult-onset, muscle disease



A FEW RESOURCES

- ◆ The *Curable Health* app: Evidence-based, top-rated app for chronic pain: www.curablehealth.com (Spine West patients: use this QR code at right to receive a free 6-week-long trial of the program – includes full access to the app's content.)
- ◆ *Curable Health*-sponsored podcasts (available anywhere you get your podcasts): "[Like Mind, Like Body](#)" and "[Tell me about your Pain](#)"
- ◆ *Empowered Relief™* and *My Successful Surgery™* programs: Evidence-based intervention to reduce chronic pain, and pre- and post-op pain and anxiety. Delivered virtually (approx. twice a month) as a single 2-hour session through the OT/PT Dept. at Boulder Center for Orthopedics (open to non-BCO patients). For additional information, call 303.442.2666, or see website: <https://www.bouldercentre.com/empowered-relief-neuroscience-pain-relief>
- ◆ Community resources for chronic pain, anxiety, and other topics related to Mind-Body Medicine. See BCH's *Center for Mind Body Medicine*: <https://www.bch.org/our-services/mind-body-medicine/>
- ◆ *Lin Health*: virtual one-on-one counseling with a pain recovery coach: <https://www.lin.health/>
- ◆ *The Way Out* (2021), by Alan Gordon, with Alon Ziv
- ◆ *The Pain Management Workbook: Powerful CBT and Mindfulness Skills to Take Control of Pain and Reclaim Your Life* (2020), by Rachel Zoffness, PhD.



QR code for Curable trial

