

INTRODUCTION & PRINCIPLES OF PAIN

SESSION 1 OVERVIEW:

The core principles of pain are acute and chronic pain. Acute pain is a signal that something is wrong physically, whereas chronic pain is a combination of sensory, emotional, and neurological processes. The brain activity taking place during chronic pain is mainly in areas involved in emotional processing. Chronic pain is another manifestation of the hyper-alertness that survivors of abuse or neglect develop to protect themselves. It is an overdeveloped survival response that is adaptive and thus is a kind of memory in the sense that it is maintained by unconscious emotional and neurological changes. The key to overcoming our pain is understanding our brain.

AT HOME PRACTICE:

The goal of this week's homework is to become familiar with the Overcoming Pain App. Browse the 3 categories for a preview of all available exercises – Mental Healing, Sensory Healing, and Stress Management. With each session, specific exercises will be assigned for your practice. Please do not listen to any unassigned exercises. Education and best practices are necessary for the use of each exercise. You are welcome to revisit previously assigned exercises that you found most beneficial.

Session 1 Assigned Exercise: Memory of Positive Events (Stress Management)

ACCESSING & USE OF OVERCOMING PAIN APP:

Go to the Google Play Store (Android User) or the App Store (iPhone User). Search and click on the Overcoming Pain Based on EMDR application. Purchase and download the application (\$8.49). Open the app and find the corresponding exercises assigned for each session. While using the application, please listen with non-noising canceling earbuds. Use the application daily for most benefit. A smart phone or tablet must be used. A computer is incompatible with this application.

