

Chronic Pain Management

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Clinical Challenges

- Incoherence
- Threats
- Losses

- “stuck”

- Change – *not changing is not an option*

Psychological Care

- Inter-disciplinary rehab programme
- Therapeutic Alliance
- Pain disorder – not a character flaw
- Experiential
- Physical
- Compassionate and dignified

Psychological Care

- Good medical back up
- Most helpful understanding
- Reduce fear of movement
- Reduce distress and self-criticism
- Improve disability and quality of life