

# Chronic Pain PATH Program

Michigan's name for Stanford University's  
Chronic Pain Self-Management Program



**What is it:** Chronic Pain Personal Action Toward Health (Chronic Pain PATH) is Michigan's name for the Stanford Chronic Pain Self-Management Program (CPSMP). Chronic Pain PATH is a six-week workshop conducted in 2 ½ hour sessions in community settings. The program was developed and rigorously tested by Stanford University to help people learn the techniques and strategies they need for the day-to-day management of pain.

**Benefits:** Research studies found that, on average, people who have participated in the program have more energy, less pain, less dependence on others, improved mental health, are more involved in everyday activities, and are more satisfied with their lives compared to those who have not taken the program.

**Who should participate:** Chronic Pain PATH is designed to benefit adults who have primary or secondary pain. Pain is defined as being chronic or long term when it lasts for longer than 3 to 6 months or beyond the normal healing time of an injury.

## Program Features:

- Led by two trained leaders who may themselves have chronic pain or have a someone in their life with chronic pain.
- Workshops are offered in convenient, easily accessible community locations.
- Workshops are highly participative, where mutual support and success build the participants' confidence in their ability to self-manage.
- Emphasis is on creating personal action plans, setting achievable goals, problem solving and decision making.
- Participants will learn strategies and techniques to help them deal with problems, exercise appropriately, properly use medications, and communicate with health professionals.
- See the list of topics covered below. Action Planning occurs in each session. Feedback and Problem-Solving occur in sessions 2-6.

Six Session Workshop	
<b>Session 1</b>	<b>Session 4</b>
Introduction to Workshop and Group	Practice Moving Easy Program
What is Pain?	Healthy Eating
The Mind-Body Connection/Distraction	Communication Skills
Getting a Good Night's Sleep	Problem-Solving
Introduction to Action Plans	<b>Session 5</b>
<b>Session 2</b>	Practice Moving Easy Program
Feedback and Problem-Solving	Medications for Chronic Pain
Dealing with Difficult Emotions	Dealing with Depression
Introduction to Physical Activity & Exercise	Positive Thinking
Better Breathing & Relaxation Body Scan	Stress and Guided Imagery Relaxation
Fatigue Management	<b>Session 6</b>
<b>Session 3</b>	Working with Your Health Care Professional
Moving Easy Program	Communicating about Pain
Pacing and Planning	Weight Management
Evaluating Treatments	Looking Back and Planning for the Future
Making Decisions	

For more information, contact Tri-County Office on Aging at 517-887-1450

Visit <http://patienteducation.stanford.edu/programs/cpsmp.html>

