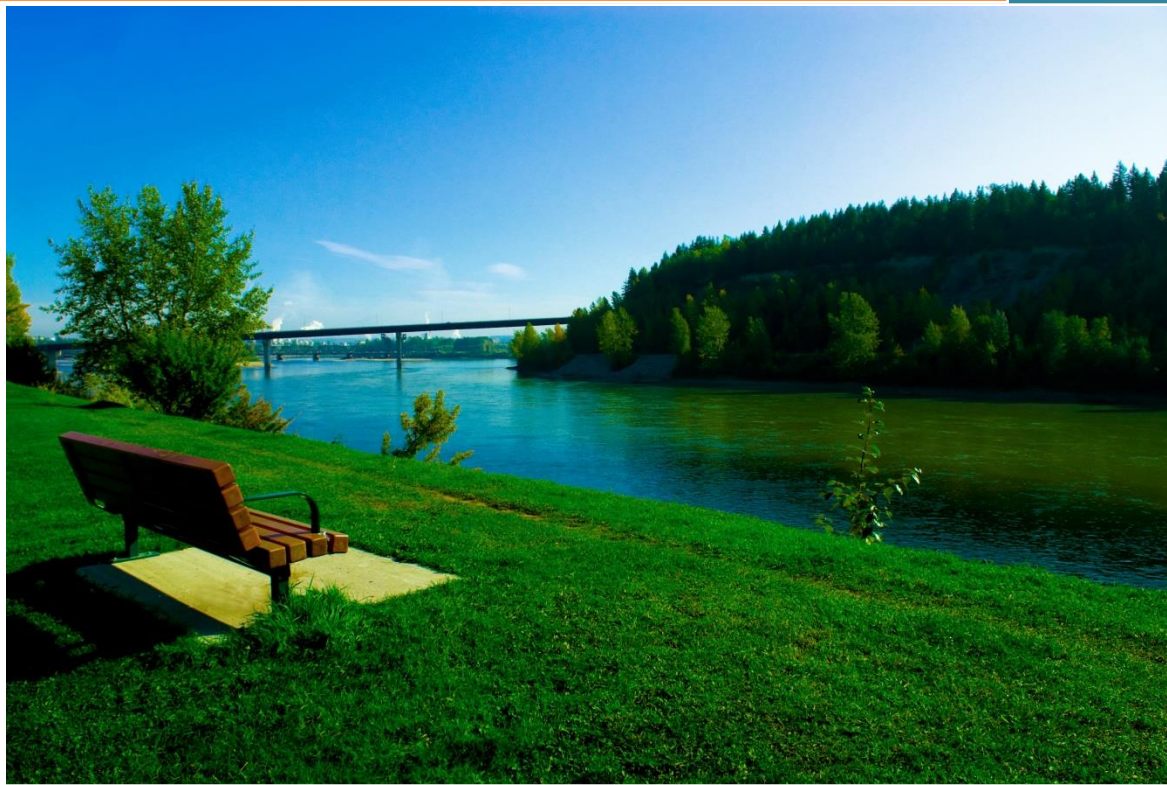


Prince George

Chronic Pain Directory



Produced by: Northern Health
Chronic Pain Working Group

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If you notice an error, omission or outdated information, please contact:

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Section A: Services and Resources for Patients and Providers

Developed based on the Kootenay Boundary Division of Family Practice's Chronic Pain database¹, this directory was created for people living with chronic pain in and around Prince George, and for health care providers who support them.

The following three beliefs have guided the development of this directory:

1. Chronic pain is often caused by a multitude of factors and requires a multi-pronged approach;
2. People who live well with chronic pain do best when they feel like valued partners in a multidisciplinary approach to their care; and
3. Health care providers should understand the different ways that the client/patient might approach the management of their chronic pain.

Resources, services and health care providers are divided into 6 categories: medical, body work, education, cognitive, self-management, and complementary.



¹ Available at <https://divisionsbc.ca/kb/chronicpaintool>

Self-Management

Feedback from people who manage their chronic pain well includes the importance of their own self advocacy. As a health care professional, you have an opportunity to educate and motivate your client to better self-manage their condition. At the same time, it is important to consider the social determinants of health including income, level of education, home and community environment, etc.

Advocacy and Support

Connect for Health Program (Pain BC)

Description: Pain BC's Connect for Health program advocates for people in pain and their families, connecting them with services and support that go beyond the doctor's office. In collaboration with health care and social service providers, volunteers advocate for you, provide information, and follow up to ensure you're getting the support you need in your local community. This program can connect you to resources such as: housing, employment/income security, food security, parenting support, child care, and respite services, education, recreation services, social services, and health services.

Contact: <https://www.painbc.ca/chronic-pain/connect-for-health>

Cost? No.

Printable Pain Plans

Canadian Pain Coalition

Description: To help Canadians learn to live well with pain, the Canadian Pain Coalition has developed a Pain Plan, a tool that can help people with pain deal with everyday issues whether they are having a normal or tough pain day.

Contact: http://livewellwithpain.ca/wp-content/uploads/2011/10/Pain_Plan_Online.pdf

Cost? No.

Audio Guided Meditations

Pain Solutions Inc.

Description: guided mindfulness for pain relief (audio guides for breathing, physical relaxation, pain relief)

Contact: <http://www.painsolutions.info/resources.html>

Cost? Yes. (available for purchase on iTunes)

Canadian Institute for the Relief of Pain and Disability

Description: Introduction to Mindfulness for Chronic Pain – 5 part series (online videos). This webinar series provides an introduction to Mindfulness Based Stress Reduction (MBSR) practice and its influence on chronic pain. You are also provided with audio recordings of mindfulness meditations you can practice.

Link: <http://www.cirpd.org/Webinars/Pages/Webinar.aspx?wbID=24>

Workshops

Self Management BC (University of Victoria)

Description: The Chronic Pain Self-Management Program is a free six-session workshop. The workshop helps people living with chronic pain and their caregivers to better manage symptoms and activities of daily life. Participants receive the “Living a Healthy Life with Chronic Conditions” companion book, the “Chronic Pain Workbook” and the “Moving Easy” CD. Participants should attend all six sessions to get the maximum benefit.

Contact: 1-866-902-3767 <http://www.selfmanagementbc.ca>

Cost? No.

Online Resources

All About Depression: Online Relaxation Exercises

Description: Relaxation exercises including deep breathing, guided imagery, etc.

Contact: <http://www.allaboutdepression.com/relax>

Cost? No.

CarePath

Description: Online early intervention resource for teens (ages 12-17) with complex pain, developed in partnership with BC Children’s Hospital and UBC’s Department of Paediatrics, Office of Strategy and Innovation. Includes resources for understanding pain, tools to manage pain, and ideas for making small positive changes to improve well being.

Contact: www.mycarepath.ca

Cost? No.

Chinese Holistic Health Exercises

- Description: Website with breathing, stretching, etc. Downloadable (\$) videos also available for different exercise programs, including self-massage and acupuncture techniques.
- Contact: <http://www.chinese-holistic-health-exercises.com/do-breathing-exercises-at-home.html>
- Cost? No (some free instructions, videos), but Paid downloadable video exercise programs (\$20) provide detailed instructions/guides for specific conditions (anxiety, low back pain, neck pain, etc.)

How to Cope with Pain

- Description: Website with breathing, relaxation and guided imagery exercises, and blog posts.
- Contact: <http://www.howtocopewithpain.org>
- Cost? No.

Inner Health Studio: Coping Skills and Relaxation Resources

- Description: Relaxation scripts, articles about guided imagery, relaxation audio downloads, etc.
- Contact: <http://www.innerhealthstudio.com/pain-relief.html>
- Cost? Some free downloads, some must be purchased.

Life is Now Pain Care "Pain Care Pro"

- Description: PT Neil Pearson's pain self-care curriculum for people in pain
- Contact: <http://www.lifeisnow.ca/pain-care-pro/>
- Cost? \$180 (Pain Care Pro)

Live Plan Be (via Pain BC)

- Description: Interactive platform with pain education, self-management tools and peer support forum
- Contact: <http://www.liveplanbe.ca>
- Cost? No.

medSchool For You

- Description: "Free health information courses for all Canadians" – info on low back pain provided by pharmacists (listed under Pharmacy Corner) (site operated by mdBriefCase)

Contact: <http://www.medschoolforyou.ca>

Cost? No.

Mindful.org: 3-Minute Breathing Space

Description: Guided meditation practice, and articles about mindfulness.

Contact: <http://www.mindful.org/the-three-minute-breathing-space-practice/>

Cost? No. (affiliated magazine available for purchase)

Pain Resource Centre

Description: via Canadian Pain Coalition: includes information about conditions and management, accessing care, and directory of associations, advocacy groups

Contact: <http://prc.canadianpaincoalition.ca>

Cost? No.

The Pain Toolkit

Description: Downloadable toolkit (adult and youth) and App available. Site also provides links to MANY other resources (e.g., Canadian Toolkit, Pain Toolkit for Teens, Persistent Pain booklet, etc.)

Contact: <http://www.paintoolkit.org>

Cost? No.

Pain Waves Podcast (via Pain BC)

Description: The Pain Waves podcast by Pain BC is where you can hear leading chronic pain experts and people living with pain discuss the latest pain management research, tools, stories, and trends.

Contact: <https://www.spreaker.com/show/pain-waves>
<https://itunes.apple.com/ca/podcast/pain-waves/id1169792513>

Cost? No.

People in Pain Network

Description: PIPN supports self-management peer groups (currently the only Northern BC group is in Vanderhoof). Website also provides links to PIPN YouTube channel and resources (e.g., adult and youth pain toolkits - require registration).

Contact: <http://www.pipain.com>

Cost? No (some free links, resources), but Paid memberships (\$15/yr) provide access to additional toolkit, resources, events, education, etc.

StopPain.org: Relaxation Exercise

Description: Guided relaxation exercise, as well as general information about low back pain, intro to chronic pain, etc.

Contact: <http://healingchronicpain.org/relax>

Cost? No.

Stress Relief Exercises

Description: Descriptions and instructions for deep breathing exercises, progressive muscle relaxation, etc.

Contact: <http://stress-relief-exercises.com>

Cost? No.

YouTube videos

Canadian Institute for the Relief of Pain and Disability

Description: Includes videos about self-management, and Yoga for People in Pain series

Contact: <http://www.youtube.com/user/cirpdadmin>

Cost? No.

Canadian Pain Coalition

Description: Series of videos from people living well with pain that share ideas on how to work with health care providers and how to talk to loved ones about your pain.

Contact: <https://www.youtube.com/user/CdnPainCoalition/videos>

Cost? No.

Self-Managing and Self Management Support

Description: about Self-Management: what is SM? why? how patients can work together, especially for chronic conditions

Contact: <http://www.youtube.com/watch?v=uRQ853sRt0o>

Cost? No.

Complementary Methods

A growing body of scientific evidence suggests that some complementary approaches to chronic pain can be beneficial. Although many complementary approaches studied for chronic pain have good safety records, that doesn't mean that they're risk-free. It is important to take into account such factors as a patient's age, health, special circumstances (such as pregnancy), and medicines or supplements when engaging these methods.

To learn more, visit <https://nccih.nih.gov/health/pain/chronic.htm>

See also: College of Physicians and Surgeons of British Columbia Professional Standards and Guidelines re: Complementary and Alternative Therapies (<https://www.cpsbc.ca/files/pdf/PSG-Complementary-and-Alternative-Therapies.pdf>)

Acupuncture

CBI Health Centre

Contact: 250-562-3537
1310 5th Ave.
<https://www.cbi.ca/web/physiotherapy-prince-george-5th>

Dragonfly Acupuncture and Traditional Chinese Medicine Clinic

Provider(s): Cyndi Sarrazin
Contact: 250-614-3527
#105-1811 Victoria St.
http://www.wss.yellowpages.ca/documents/QvHpw9xOXr/dragonfly_brochure.pdf
Cost? WorkSafeBC Contracted

Healthtrends Naturopathic Clinic

Provider(s): Dr. Deborah Phair
Description: Acupuncture (Registered Acupuncturist)
Contact: 250-614-0112
1556 10th Ave.

Micah Yoder Acupuncture

Description: acupuncture, cupping, tuning forks, ear points, acupressure

PRINCE GEORGE CHRONIC PAIN DIRECTORY

Contact: 250-649-0886
300 - 1811 Victoria St.
<http://www.micahyoderacupuncture.janeapp.com/>

Cost? 60 minutes Acupuncture: \$56
60 minutes Massage: \$56
60 minutes Foot massage: \$50

Dr. Michael O'Malley (GP)

Description: Family Physician who offers acupuncture.

Contact: 250-563-7522
408 - 2155 10th Ave.

Oriental Therapy Clinic

Provider(s): Michael Forster

Description: Traditional Japanese Acupuncture, Meridian therapy

Contact: 250-563-5551
215 - 1717 3rd Ave.
<http://www.orientaltherapyclinic.ca>

Oriental Wellness Centre

Description: Acupuncture, Deep Tissue Massage, Foot Massage

Contact: 250-564-9263
5100 N Nechako Rd.

Prince George Acupuncture

Provider(s): Samantha Peppard

Description: Acupuncture, Acupressure, Cupping, Sound Therapy, Healing Touch, NAET Allergy Elimination, Auricular Treatments, Electro-Acupuncture, Diet and Lifestyle recommendations.

Contact: 236-423-0834
203 - 1257 4th Ave.
princegeorgeacupuncture.com
also practices at Krell Chiropractic:
250-981-2295
513 Ahbau St.
<http://www.krellchiropractic.com>

Cost? 30 minutes: \$60
 45 minutes: \$75
 60 minutes: \$90
 90 minutes: \$145

Prince George Family Chiropractic

Provider(s): Wael Fawzi
 Contact: 250-561-8908
 3320 Massey Dr.
 www.princegeorgechiaropractor.com

Salveo Medical Clinic

Provider(s): Maryamossadat Mirhosseinian
 Contact: 250-614-0005
 2155 Ferry Ave. (inside Superstore)

Traditional Chinese Medicine

Dr. Jody Brandolini

Contact: 1-877-614-6585
 Practices in Nukko Lake and Quesnel

Oriental Traditional Healing

Provider(s): Dr. Jian Xiao
 Description: Acupuncture, Herbal medicine
 Contact: 250-563-8365
 313 - 1669 Victoria St.
 <http://www.orientaltraditionalhealing.com>

Naturopathic Medicine

Healthtrends Naturopathic Clinic

Provider(s): Dr. Deborah Phair
 Contact: 250-614-0112
 1556 10th Ave.

Northern Centre for Integrative Medicine

Provider(s): Dr. Jason Boxtart, Dr. Cher Boomhower
Description: Prolotherapy (nonsurgical ligament reconstruction), Platelet Rich Plasma injections
Contact: 250-649-0886
206 - 1811 Victoria St.
<http://www.ncim.ca>

Prince George Naturopathic Clinic

Provider(s): Dr. Nicole Zutz
Contact: 250-596-9300
1556 10th Ave.

Shiatsu

Keystone Massage Therapy and Healing Centre

Provider(s): Ivana Minovec
Description: Specializes in relief from chronic pain. Massage services include: therapeutic, shiatsu, relaxation, warm stone, reflexology.
Contact: 250-562-9341
2020 Massey Dr.
www.keystonehealing.ca
also practices at Mind Body Soul Wellness:
778-840-6935
300 - 1811 Victoria St.
www.mindbodysoulwellness.ca
Cost? 1 session: \$50
4 sessions: \$180
Seniors rate (1 session): \$40

Homeopathy

MedPure Natural Pharmacy

Provider(s): Suzanna Molnar (Pharmacist, M. Pharm)

Description: Products and principles of Bioregulatory and Homeopathic Medicine, and collaboration with other healthcare providers in order to augment existing Pharmaceutical Care.

Contact: 250-562-2266
1531 Victoria St.
www.medpurepharmacy.com

Cost? 1 hour session: \$45

Reflexology

Carol Brown

Description: Certified Reflexologist

Contact: 250-562-3668
210 - 1717 3rd Ave.
carolbrownreflex.com

Sole Therapies

Provider(s): Kathleen Hogh

Contact: 250-640-0030
4874 Meadowbrook Rd
www.soletherapies.ca

Education

People who suffer from pain often look for a simple, single solution to what is a complex set of circumstances, as unique to them as their own fingerprints. It is important for people suffering from pain to understand why their pain has become chronic, why it doesn't necessarily improve with time and why medications or surgery often provide only partial, temporary relief.

Online Resources

Breathworks

Description: Online mindfulness courses for chronic pain

Contact: www.breathworks-mindfulness.org.uk

Cost? Yes. Can apply for bursaries.

But You Don't Look Sick - website and online community

Description: Website with interviews, blog posts, discussion board started by a Lupus patient, and has an aim of helping people with chronic illnesses and invisible disabilities.

Contact: www.butyoudontlooksick.com

Cost? No.

Canadian Pain Coalition

Description: Conquering Pain for Canadians Booklet, Pain resources, Helpful Links.

Contact: www.canadianpaincoalition.ca
905-404-9545

Family Caregivers Network Society

Description: Online resource for caregivers

Contact: www.familycaregiversbc.ca
1-877-520-3267

Get Self Help for Chronic Pain or Fatigue

Description: CBT self-help info for chronic pain

Contact: www.getselfhelp.co.uk/chronicfp.htm

Life Is Now Pain Care

- Description: Online program: Guided meditations, Body Awareness audio CDs, Overcome Pain with Gentle Yoga program, etc.
- Contact: www.lifeisnow.ca/product-category/pain-management-products/#products
- Cost? Yes. Products available for purchase online.

Live Plan Be

- Description: Interactive platform with pain education, self-management tools and peer support
- Contact: www.liveplanbe.ca
- Cost? No.

MoodGym Training Program

- Description: Online training program to learn CBT skills for preventing and coping with depression.
- Contact: www.moodgym.anu.edu.au/welcome
- Cost? No. Requires free sign-up.

Pain BC Toolbox

- Description: “Treatment Options for Pain: Beyond Medications, Surgery, and Injections”
This toolbox was originally developed in 2011 by leading pain experts, and has since been revised and updated by Pain BC. Online and print-ready versions are available.
- Contact: <https://www.painbc.ca/chronic-pain/pain-toolbox>
- Cost? No.

Pain Matters: A Family Guide to Pain Management and Dementia

- Description: Resource for caregivers of people with dementia, outlining reasons that pain can go untreated, and Daily Pain Journal for patients/families.
- Contact: <http://www.alzheimer.ca/>
Site also includes Alzheimer's resources, e-learning for health care providers (formerly Physician's Corner): <http://www.alzheimer.ca/en/on/We-can-help/Resources/Resources-for-health-care-professionals>
- Cost? No.

Paul Ingraham, Pain Science.com

Description: Online resource developed by former massage therapist in Vancouver with articles and tutorials about pain. (Formerly www.saveyourself.ca)

Contact: www.painscience.com

Cost? No.

Spin Health: Chronic Pain Health Center

Description: A large website that covers a variety of topics from chronic pain to depression, coping, and specific back pain/disease issues. The discussion boards can be very helpful

Contact: www.spine-health.com/conditions/chronic-pain

Cost? No.

YouTube Videos & Webinars

Body in mind - the role of the brain in chronic pain (Lorimer Moseley)

Description: Video from "The Mind & Its Potential Conference" (Australia, 2011)

Link: www.youtube.com/watch?v=RYoGXv22G3k

Canadian Institute for the Relief of Pain and Disability

Description: Includes videos about self-management, and Yoga for People in Pain series. Chronic Pain Webinars are also accessible (live and recorded archives).

Link: www.youtube.com/user/cirpdadmin
<http://www.cirpd.org/Webinars/Pages/ChronicPain.aspx>

Pain, Is it all in your mind?: Silje Endersen Reme at TEDxNHH

Link: www.youtube.com/watch?v=tiwmVTScusg

Pain BC

Description: YouTube Channel

Link: www.youtube.com/user/PainBC

People In Pain Network

Description: YouTube Channel

Link: www.youtube.com/channel/UC8BjHcID7geGhiKixXwdzuw

The Secret World of Pain (BBC Documentary)

Description: "Horizon reveals the latest research into one of the most mysterious and common human experiences - pain. Breakthroughs have come from studying a remarkable woman in London who has felt no pain at all in her life, a man in the US who cut off his own arm

Link: <https://www.youtube.com/watch?v=75wkm9NTOb8>

Transitions: Living Well with Chronic Pain symposium

Description: Videos from Symposium (Nov. 6 2011) available online. Presentations/discussions about managing pain and living with pain.

Link: www.youtube.com/user/CdnPainCoalition/videos
<http://livewellwithpain.ca/watch-the-symposium/>

Understanding Pain What to do about it in less than five minutes

Link: <https://www.youtube.com/watch?v=RWMKucuejls>

Why Things Hurt (Lorimer Moseley at TEDxAdelaide)

Description: Why do we hurt? Do we actually experience pain, or is it merely illusion? In this video, Lorimer Moseley explores these questions, and suggests that the pain that we feel as our bodies' way of protecting us from damaging tissues further.

Link: <https://www.youtube.com/watch?v=gwd-wLdIHjs>

Books

"How to Live Well with Chronic Pain and Illness"

Author: Toni Bernhard (2015)

Link: www.tonibernhard.com/

"Explain Pain" (2nd Ed.)

Authors: Dr David S. Butler and Prof G. Lorimer Moseley (2013)

Description: Written for patients. Book brings together neurophysiology, brain imaging, immunology, psychology and cellular biology to explain mechanisms of pain. (see also Evidence Base under Provider resources)

ISBN: 978-0-9873426-6-9

Link: www.noigroup.com/en/Product/EPBII

"Managing Pain Before it Manages You"

Author: Margaret Caudill (2008)

ISBN: 1593859821

"Pain -Learning to Live Without It"

Author: David Corey (1993)

ISBN: 0788167960

"Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain"

Authors: J. Dahl & T. Lundgren (2006)

ISBN: 1572244097

"The Brain That Changes Itself"

Author: Norman Doidge (2007)

ISBN: 0143113100

"Visualization for Change"

Author: Patrick Fanning (1994)

ISBN: 1879237849

"The Chronic Pain Control Workbook"

Authors: Kimeron Hardin & Ellen M Catalano (1997)

ISBN: 1567312101

Guided Mindfulness Meditation

Author: Dr. Jon Kabat-Zinn

Description: Dr. Jon Kabat-Zinn's approach to mindfulness-based stress reduction (MBSR). Titles include: "Wherever You Go, There You Are" (1994) and "Full Catastrophe Living" (1990). Available as book or CD (audiobook).

Contact: www.mindfulnesscds.com

"The Fine Arts of Relaxation, Concentration and Meditation"

Authors: Joel Levey and Michelle Levey (2003)

ISBN: 0861713494

"Living a Healthy Life with Chronic Conditions"

Authors: Kate Lorig, Halsted Homan, David Sobel, Patrick McGowan, et al. (2006)

ISBN: 9781933503080

"The Challenge of Pain"

Authors: Ronald Melzack & Patrick Wall (1993)

ISBN: 9780140256703

"Manage Your Pain"

Author: Michael Nicholas (2006)

ISBN: 0285636790

"Mayo Clinic on Chronic Pain"

Author: David Swanson (2006)

ISBN: 1893005275

"The Power of Now: A Guide to Spiritual Enlightenment"

Author: Eckhart Tolle (2004)

ISBN: 1577311523

"The Pain Survival Guide - How to Reclaim Your Life"

Authors: Dennis C. Turk and Frits Winter (2005)

ISBN: 1591470498

"The Pain Relief Handbook"

Authors: Dr. Chris Wells, Graham Nowin & Dr. Ronald Melzack (1998)

ISBN: 0091813719

"Break Through Pain: How to Relieve Pain Using Powerful Meditation Techniques"

Author: Shinzen Young (2007)

ISBN: 1-56455-365-5

Medical Treatments

Medication can help manage chronic pain when it is used in balance with the rest of an overall chronic pain management plan. It is important to recognize that some medications, such as opiates, can do more harm than good should a person become addicted.

Family Physicians

College of Physicians and Surgeons of BC

Description: Use online search function to find a local family physician who may be accepting new patients.

Instructions:

- Fill in your city/community
- Check the 'Family physicians' box
- Select 'accepting new patients' from the drop down menu
- Add additional specifications as desired
- Click Search.

Results for those family physicians who have indicated that they are currently accepting new patients will be displayed.

Contact: https://www.cpsbc.ca/physician_search

Interventional Approaches

Dr. Richard Kraima

Pain Clinic at UHNBC

Description: Interventional pain clinic

Contact: 250-964-8574

Referral required? Yes.

Cognitive Therapies

General counseling, addiction counseling, psychologists, life coaches and other cognitive therapies help with the depression and coping problems that can so often affect the mental health of chronic pain sufferers.

Meditation

Chinook Yoga

Provider(s):	Jaylene Pfeifer
Description:	research-based transformative practice of deep relaxation and meditative inquiry that effectively reduces chronic pain (among other conditions)
Contact:	250-564-9642 320 Vancouver St. www.chinookyoga.com OR http://www.jaylenepfeifer.com/#!/iRest®_Meditation
Cost?	3 hour workshop: \$50 6 weekly classes: \$50

Pain Solutions Inc.

Provider(s):	Debbie Patterson (physiotherapist)
Description:	guided mindfulness for pain relief (audio guides for breathing, physical relaxation, pain relief)
Contact:	www.painsolutions.info/resources.html
Cost?	Yes. (available for purchase on iTunes)

Tilopa Buddhist Society

Provider(s):	Sarah Dowling
Description:	Tues 19:30-21:00
Contact:	http://kmcvancouver.org/classes/meditation-in-prince-george 250-962-6876 classes at: Chinook Yoga Studio, 320 Vancouver Street
Cost?	Drop-in: \$10 5 classes: \$40

Buddhist Meditation Society of Northern BC

- Provider(s): John DeGrace 250-964-2685
Cory Tataryn 250-981-8228
John Neumann 250-963-7330
- Description: Zen: Tuesdays, 18:15-20:15
Vipassana: Wednesdays, 19:15-20:15
- Contact: www.bmsnbc.com
Greek Orthodox Church
511 S Tabor Blvd
- Cost? By donation: For newcomer's we suggest \$5 for each evening, and for ongoing members, a monthly donation of \$25 is expected. Those who are unable to give financially are welcome and can contribute in other ways.

Guided Mindfulness Meditation

- Provider(s): Dr. Jon Kabat-Zinn
- Description: Dr. Jon Kabat-Zinn's approach to mindfulness-based stress reduction (MBSR)
- Contact: www.mindfulnesscds.com
- Cost? Yes. Products available for purchase online.

Counselling & Mental Health Services

Sustain Mental Health (formerly Brazzoni and Associates)

- Provider(s): Christina Dobson, Laurie Zoppi, Heidi Kasewater, Janette Dixon, Lori Larkin, Michelle David, Melanie Lansall, Denise McKinley
- Contact: 250-614-2261
301 - 1705 3rd Ave.
www.sustainmentalhealth.ca
- Cost? available through EFAP

Walmsley & Associates

- Provider(s): Ida Alleman, Andy Bellamy, Jenny DeReis, Kristi Francis, Paula Hunter, Blaine Powel, Rob Ziegler
- Description: Counselling available in: Prince George, Mackenzie, Quesnel

PRINCE GEORGE CHRONIC PAIN DIRECTORY

Contact: 250-564-1000
1512 Queensway St.
www.walmsley.ca

Charis Counselling Services

Provider(s): Brian Bulgin
Contact: 250-562-7882
www.chariscounselling.ca

BCCA Centre for the North, Patient and Family Counselling

Provider(s): Tracey Angove (CCC)

Wellspring Counselling

Provider(s): Jesse Bowen (RPC)
Description: Counselling services- private
Contact: 250-561-0410
218 - 1717 3rd Ave
www.wellspringcounsel.ca

Aroha Counseling & Consulting

Contact: 250-640-2706
209 - 1717 3rd Ave.

Disability Support Services, CNC

Provider(s): George Dunne
Contact: 250-561-5848 x 5250

Dawn Sather

Description: Child and Family Therapy- private
Contact: 250-564-6230
213-1717 3rd Ave

Linda Schmidt

Description: Counselling services- private
Contact: 250-563-7331
193 Quebec St

Marina Ursa

Description: Counselling services- private

Contact: 250-562-6607

Michael Pratt

Description: Counselling services- EAP & EFAP

Contact: 250-561-5818
217 - 1717 3rd ave

Miss Mieke

Description: Counselling services- Aboriginal

Contact: 250-981-8255
302 - 1717 W. 3rd Ave

John Howard Society

Provider(s): Lisa Loewen

Description: Counselling services- public

Contact: 250-961-8517
154 Quebec St.

Worth Counselling

Provider(s): Cindy Worth

Description: Psychology

Contact: 250-563-7331
217 -1717 3rd ave

Healing the Spirit

Provider(s): Maria Brower (RPC)

Contact: 250-612-1321
2246 Northwood Pulpmill Rd.

Sue Muirhead Counselling Services

Provider(s): Sue Muirhead

PRINCE GEORGE CHRONIC PAIN DIRECTORY

Description: Counselling services- private

Contact: 250-562-4344
www.suemuirhead.com

Mirror Image Counselling

Provider(s): Gaylene Neary (APC)

Description: Member of Professional Association of Christian Counsellors and Psychotherapists

Contact: 250-692-6271
3986 Barnes Dr.

UNBC Community Counselling Centre

Provider(s): Ryan James

Contact: 250-960-6450
1310 3rd Ave

Tanya Bedford (RCC)

Description: Eye Movement Desensitization and Reprocessing, Observed Experiential Integration, CBT, Play therapy, Attachment theory, Existentialism theory

Contact: 250-640-9027
310 - 1705 3rd Ave
<http://www.tanyabedford.com>

BC Responsible and Problem Gambling Program

Provider(s): Darryl Anderson

Contact: 250-617-5253
www.bcreponsiblegambling.ca/getting-help/find-counsellor/darryl-anderson

SOS Society

Description: Counselling services- public

Contact: 250-564-8302
193 Quebec St.

Victim Support Services

Description: Counselling services- public

Contact: 250-563-1113
1575 5th ave.

Intersect

Description: Counselling services- public youth

Contact: 250-562-6639
1294 3rd Ave

Aboriginal Child & Youth Wellness

Description: Counselling services- public Aboriginal youth

Contact: 250-564-3568
1600 3rd Ave

Native Healing Centre

Description: Counselling services- public Aboriginal

Contact: 250-564-4324
3rd flr 1600-3rd ave.

NH Community Acute Stabilization Team (CAST)

Description: services for adults 19+ and older presenting with a variety of Mental Health and Addiction diagnoses (e.g., Mood Disorders, Personality Disorders, Concurrent Substance Related Disorders, Bi-Polar Disorders, Grief, Adjustment Disorders, Obsessive Compulsive Disorder (OCD), Post Traumatic Stress Disorder (PTSD) and Post-Partum Depression).

Contact: 250-565-2666

NH Community Outreach and Assertive Services Team (COAST)

Description: comprehensive treatment for adults based on a psycho-social rehabilitation model with a DSM IV diagnoses: Psychosis NOS, Schizophrenia, Schizoaffective disorder, Bipolar I and II, Co-occurring Substance Related disorders, and Developmental Disabilities above 70.

Contact: 250-565-7472

NH Community Response Unit (CRU)

Provider(s):

PRINCE GEORGE CHRONIC PAIN DIRECTORY

Description: CRU acts as an entry point for Mental Health and Addiction programs, agencies and supports by facilitating referral and access to services. CRU provides brief assessments, short term supportive counselling and crisis intervention, in a variety of environments to meet the needs of the clients.

Contact: 250-565-2668

BounceBack CMHA

Description: Mental Health Coaching

Contact: 250-564-8644
1152 - 3rd Ave.

Spiritual Care

Healing Rooms Ministries (Prince George Healing Rooms)

Provider(s): Director: Dawn Farber

Description: Pastoral care Mon 7:00-9:00 PM

Contact: www.healingrooms.com/CA1379
Prince George Pentecostal Church
497 Ospika Blvd.

Westwood Church

Description: Prayer and spiritual care

Contact: 250-562-3711
2658 Ospika Blvd.

Aboriginal spirituality

Description: Chaplaincy, 2nd & 4th Fridays: 10:00am-12:00pm

Contact: UNBC: 7-210 3333 University Way

BC Muslim Association

Description: Spiritual care

Contact: 250-564-5412

College Heights Baptist Church

Description: Pastoral care, Tues-Fri business hours

Contact: 250-964-4181
5401 Moriarty Cres.

Fort George Baptist

Description: Pastoral counselling

Contact: 250-564-6287
1600 Johnson St.

Gateway Church

Description: Pastoral counselling

Contact: 250-563-1003
2055 20th ave

Grace Anglican Church

Description: Pastoral care

Contact: 250-562-5611
2640 Goheen St.

Lakewood Alliance

Description: Pastoral care

Contact: 250-564-8737
4001 5th ave

Life Centre

Description: Spiritual support: Drop-in centre
Mon- Thurs 10:00-3:00 PM
Saturday 4:30-8:30 PM

Contact: 250-563-5721
1164 3rd ave

Body Work

Exercise strengthens the body, reduces fatigue and can help with sleep disorders and depression. An individualized program should include stretching, strengthening, and an aerobic component. Passive therapies such as massage are not a solution on their own, but can complement other bodywork.

Physiotherapy

Accelerated Sport & Spine Physiotherapy

Provider(s): Diane Collard, Karla Kelly, Davis Rodrigues
Description: Acupuncture also available.
Contact: 250-960-5323
3333 University Way (Northern Sports Centre)
www.stronger-you.com
Cost? WorkSafeBC Contracted

CBI Health Centre

Provider(s): Pamela Parker
Contact: 250-562-3537
1310 5th Ave.
<https://www.cbi.ca/web/physiotherapy-prince-george-5th>
Cost? WorkSafeBC Contracted

Child Development Centre

Provider(s): Lynn Bergmann, Andrea Fredeen, Jenny Hogan, Fabiola Toyata, Sandy Van Kleeck
Contact: 250-563-7168
1687 Strathcona Ave.
<http://www.cdcp.org/therapy.shtml>

Healing Rivers Physiotherapy

Provider(s): Sonja Redden
Description: Member of the International Association for the Study of Pain

Contact: 250-649-0886
 206 - 1811 Victoria St.
www.healingrivers.ca

Physio North Sports and Wellness Centre

Provider(s): Mitchell Bourne, Vickie Laverdue, Sandy Van Kleeck

Contact: 250-563-0050
 104 - 1302 7th Ave
www.physionorthcentre.ca

Cost? WorkSafeBC Contracted

Phoenix Physiotherapy Clinic

Provider(s): Wendy Marchlewitz, Carly Tayler, Jon Chuby

Contact: 250-562-8248
 410 - 2155 10th Ave
www.phoenixphysiotherapyclinic.ca

Cost? WorkSafeBC Contracted

Physio In Motion

Provider(s): Cleo Lajzerowicz

Contact: 250-612-9379

Victoria Sports Physiotherapy Clinic

Provider(s): Dustin Robin, Jurien Van Den Heever

Contact: 250-564-3820
 204 - 1669 Victoria St.
www.victoriasportsphysiotherapy.com

Cost? WorkSafeBC Contracted

YMCA of Northern BC

Provider(s): Lesley Schwab, Kerrie Roberts

Contact: 250-613-4890
 2020 Massey St.
http://www.nbcy.org/health_and_fitness/health_management.php

Registered Massage Therapy

Active Balance Massage Therapy

Provider(s): Myron Bedford, Christine Brunner

Description: see <http://www.activebalancemassagetherapy.com/Conditions-List.html>

Contact: 250-562-9801
309 - 1705 3rd Ave.
www.activebalancemassagetherapy.com

Cost? 30 minutes: \$60
45 minutes: \$75
60 minutes: \$90
90 minutes: \$140

Azure Massage Therapy

Provider(s): Carmen Steblin

Contact: 250-277-2290
101 - 707 Canada Games Way
www.azurepg.com

Body Elements Spa & Wellness

Provider(s): Laurel Turcotte

Contact: 250-964-7337
5075 Domano Blvd.
www.bodyelements.ca

Cost? 30 minutes: \$65
60 minutes: \$97
90 minutes: \$137

Borealis Massage Therapy

Provider(s): Roger Sandahl

Description: Myofascial release, muscle energy, manual massage (Swedish technique), manual lymph drainage, relaxation massage

Contact: 250-614-9070
201 - 1669 Victoria St.
www.borealismassage.com

Coral's Reef Massage Therapy

Provider(s): Coral Edmonds (Leung)

Contact: 250-563-8338
304 - 1705 3rd Ave.
<http://coralsreefmassage.weebly.com>

Cost? 30 minutes: \$60
45 minutes: \$75
60 minutes: \$90

Healing Connections Massage Therapy

Provider(s): Ashley Stevens

Contact: 250-960-8090
760 Victoria St.

Krell Chiropractic

Provider(s): Kyla Elphee, Nicole Swan, Chaylene Carter*, Amber White*

Description: Chiropractor, Acupuncture, Hydromassage, Yoga & fitness classes also available on site. *Chaylene and Amber are RMTs in Alberta and are working towards obtaining BC registration.

Contact: 250-596-3236
513 Ahbau St.
www.krellchiropractic.com

Keystone Massage Therapy and Healing Centre

Provider(s): Kristine Hansen, Alexandra Harris, Emily Kwitkoski

Description: Specialize in relief from chronic pain. Massage services include: therapeutic, shiatsu, relaxation, warm stone, reflexology

Contact: 250-562-9341
2020 Massey Dr.
www.keystonehealing.ca

Prince George Family Chiropractic

Provider(s): Guy Elliott, Kaile Richards

PRINCE GEORGE CHRONIC PAIN DIRECTORY

Contact: 250-561-8908
3320 Massey Dr.
www.princegeorgechiropractor.com/

Quality of Life Massage Therapy

Provider(s): Kristy Lynch (Fuller)
Contact: 778-349-8184
304 - 1705 3rd Ave.

Synergy Health & Wellness

Provider(s): David Baroff, Samantha Radloff, Trevor Scott, Korrin Scott
Contact: 250-596-9355
112 - 1717 3rd Ave.
www.synergyhealthprofessionals.ca

Therapeutic Massage Centre

Provider(s): Frances Shelest (Anderson)
Contact: 250-561-1958
412 - 1669 Victoria St

Vital Motion Massage Therapy

Provider(s): Gaston Gilliard
Contact: 250-614-1645
1722 8th Ave.

Karen Anderson

Contact: 250-961-9018
815 Harper St.

James Cryderman

Contact: Jim is living Barriere and visits PG to work every 4-6 weeks
250-613-5582
www.jimcrydermanrmt.com

Connie Erickson

Contact: 250-561-2177
4831 Zimmaro Ave.

Kathryn Gaudet

Contact: 250-552-0656
4115 Eva Pl.

Michelle Gaudet

Contact: 250-301-7752
106 - 490 Quebec St.
<http://michellegaudet.janeapp.com>

Cost? 30 minutes: \$60
45 minutes: \$75
60 minutes: \$90
90 minutes: \$140

Allison Madder

Contact: 250-981-6913
317 - 1669 Victoria St.

Wendi McKay

Contact: 250-564-6639
3833 Forest Pl.

Collin McTaggart

Contact: 250-564-3171
1543 8th Ave.
www.collinmctaggart.ca

Cost? 30 minutes: \$60
45 minutes: \$75
60 minutes: \$90

Sarah Sapergia

Contact: 250-614-3005
957 Vedder Cres.

Amanda Soares

Contact: 778-349-1139
1635 8th Ave
www.amandasoaresrmt.com

PRINCE GEORGE CHRONIC PAIN DIRECTORY

Cost? 30 minutes: \$60
 45 minutes: \$75
 60 minutes: \$90
 90 minutes: \$135

Barbara Wells-Klein

Contact: 250-562-0448
 825 Vancouver St.
 <http://barbarakleinrmt.com>

Other Massage

Relax-in-chair on-site Massage

Provider(s): Kathy Baker

Description: Certified Chair Practitioner.

Contact: 250-962-5003
 www.relaxinchair.ca

Cost? Drop-in sessions (public venues): \$1 per minute (5 min minimum)
 In-home sessions
 30 minutes: \$30
 60 minutes: \$65 (\$50 per subsequent hour)
 May be subject to \$5 travel fee

Chiropractic

Ezaki Chiropractic

Provider(s): Dr. Ken Ezaki

Contact: 250-562-8855
 311 - 1705 3rd Ave.
 www.ezakichiro.com

Cost? Initial visit: \$60
 Subsequent visits: \$45
 Premium Assistance - Initial visit: \$30; Subsequent visits: \$15

Krell Chiropractic

Provider(s): Dr. Tina Krell

Description: RMT, Acupuncture, Hydromassage, Yoga & fitness classes also available on site.

Contact: 250-596-3236
513 Ahbau St.
www.krellchiropractic.com

Merritt Chiropractic

Provider(s): Dr. Larry Merritt & Dr. Celynne Merritt

Contact: 250-564-4202
1543 8th Ave.
<http://merrittchiropracticcorp.com>

Prince George Family Chiropractic

Provider(s): Dr. Travis Morgan & Dr. Scott Anderson

Description: RMT also available on site.

Contact: 250-561-8908
3320 Massey Dr.
www.princegeorgechiropractor.com/

Trombley Chiropractic

Provider(s): Dr. Danielle Trombley

Contact: 250-564-1144
310 - 1669 Victoria St.

Dr. Elisa Braccia & Dr. Brad Kreitz

Contact: 250-561-2707
385 Winnipeg St.

Dr. Randy Mills & Dr. Russill Mills

Contact: 250-563-4563
443 Carney St.
www.drmillschiropractic.ca

Cost? Initial visit: \$275
Subsequent visits: \$45 with adjustment, \$30 without adjustment

Dr. Scott Norgren

Contact: 250-563-8887
1635 8th Ave.

Dr. Dean Rigler

Contact: 250-562-2225
1543 9th Ave.
www.drrigler.com

Cost? Patients who have exhausted their income assistance medical plan coverage, may have their fee refunded from their account by doing volunteer services with a registered charity that has signed up with our office and presenting the office with a written rec

Dr. Terrance Warawa

Contact: 250-562-2377
1525 Victoria St.
<http://drwarawa.com>

Dr. David Wheatcroft

Contact: PRINCE GEORGE: 250-561-1916
103 - 770 Central St. East
VANDERHOOF: 250-570-9548
2325 Burrard Ave.
www.davidwheatcroftdc.ca

Occupational Therapy

Child Development Centre

Provider(s): Les Smith
Contact: 250-563-7168
1687 Strathcona Ave.
<http://www.cdcp.org/therapy.shtml>

Tai Chi

Seniors' Recreation Centers Classes

Elder Recreation Center: 250-561-9381

Hart Pioneers: 250-962-6712

Spruce Capitol Seniors: 250-563-6493

Tom Hynd

Description: Certified Instructor for Tai Chi for Arthritis and Tai Chi for Fall Prevention.

Contact: 250-561-9381
1692 10th Ave

Prince George Tai Chi Club

Provider(s): Lister Chen

Contact: 250-964-3849
listerchen@shaw.ca

Nechako Karate Club Tai Chi Co-operative

Description: Mon & Weds 7:00-8:30 PM
Tues 6:00-7:30 PM

Contact: 250-963-8669 or 250-617-4013
1175 Village Ave

Oriental Traditional Healing

Provider(s): Dr. Jian Xiao

Description: Tai Chi classes upon request

Contact: 250-563-8365
313-1669 Victoria St.
<http://www.orientaltraditionalhealing.com>

Yoga & Fitness

Yoga for Chronic Pain - Article

Description: Article written by Fraser Health physiotherapist about the benefits of yoga for chronic pain, and steps for getting started. Links to resources also included.

Contact: <http://news.fraserhealth.ca/News/May-2016/Yoga-for-Chronic-Pain.aspx>

Canadian Institute for the Relief of Pain and Disability YouTube Channel

Description: Includes videos about self-management, and Yoga for People in Pain series

Contact: www.youtube.com/user/cirpdadmin

Body Elements Spa & Wellness

Description: Offers Yoga and fitness classes.

Contact: 250-964-7337
5075 Domano Blvd.
www.bodyelements.ca

Charles Jago Northern Sports Centre (at UNBC)

Description: Classes include: Yoga for ageless bodies, BoomerFit, Staying healthy Staying Strong, 30+ Strength Training, and others

Contact: 250-960-6366
3333 University Way
www.unbc.ca/northern-sport-centre

Chinook Yoga

Provider(s): Jaylene Pfeifer

Description: Yoga Therapy: We can work with, but are not limited to, people with musculoskeletal injuries, chronic illnesses, stress, migraines, etc. Small group setting (10-12).

Contact: 250-564-9642
320 Vancouver St.
www.chinookyoga.com
OR
http://www.jaylenepfeifer.com/#!Therapeutic_Yoga

Cost? Single class: \$19
7 classes: \$133
One to one session: \$85
Note: Jaylene Pfeifer is a Practicing Kinesiologist - some extended health plans may cover this.

College Heights Fitness

Contact: 250-964-4348
3041 McGill Crescent

Curves

Contact: 250-962-9161
6499 Hart Hwy

Downtown Fitness Studio

Contact: 250-561-0557
1533 2nd Ave
www.pgfitness.com

Four Seasons Leisure Pool

Description: Range-or-Motion classes: M/W/F 09:00-10:00
See video for intro to classes: <https://www.youtube.com/watch?v=8HpAKpH4SBo>

Contact: 250-561-7636
775 Dominion St.

Gold's Gym

Contact: 250-614-1515
760 Victoria St.

GoodLife Fitness

Contact: 250-561-0213
120 - 3030 Recplace Dr.

Krell Wellness / Krell Chiropractic

Description: Back Yoga: If you experience discomfort or limited movement in your upper and lower back or neck, then this is a perfect class for you.

Contact: 250-596-3236
513 Ahbau St.
www.krellwell.com

Cost? Yes. (drop-in classes, punch cards, monthly memberships available)

Live & Lift Ladies Fitness

Contact: 250-562-6365
115 - 770 East Central St.
www.liveandliftpg.com

On The Move Personal Fitness

Contact: 250-564-3441
12C - 1839 1st Ave.
www.onthemovefitness.ca

Prince George Aquatic Centre

Description: Range-of-Motion classes: M/W/R/F/S 08:30-09:30
Aqualite: Tues 08:30-09:30
See video for intro to classes: <https://www.youtube.com/watch?v=8HpAKpH4SBo>

Contact: 250-561-7787
1770 George Paul Lane

Prince George Fitness Connection

Provider(s): Vanessa Hamilton
Contact: 250-961-7522

Sunset Studio

Description: Yoga for the back: relaxing yoga sequence designed specifically to stretch and strengthen your back

Contact: 250-961-7337
116 - 1717 3rd Ave
www.sunsetstudio.ca

Cost? Drop-in: \$13. Punch cards and monthly passes also available

Vivasana Yoga

Provider(s): Vivian Giannisis
Contact: 778-349-9642
www.vivasanayoga.com

YMCA of Northern BC

Description: Yoga and Yoga-Fitness, Stretch & Relaxation, and other classes available.

Contact: 250-562-9341
2020 Massey Dr.
www.nbcy.org

CBI Health Centre

Contact: 250-562-3537
1310 5th Ave.
<https://www.cbi.ca/web/physiotherapy-prince-george-5th>

Cost? WorkSafeBC Contracted

Section B:

Chronic Pain Education for Health Care Providers

Courses, Clinical Practice Guidelines and other resources for health care providers.

Pain Education Directory

Inventory of Pain and Addiction Education programs for Canadian Prescribers

Description:

List of national and provincial programs. Listed by discipline (Physicians and other health care professionals, addiction and mental health professionals, chiroprodists, dentists, midwives, nurses and nurse practitioners, pharmacists), then by province. Current as of February 2014.

Link: <http://nationalpaincentre.mcmaster.ca/>

Courses

Graduate Certificate in Chronic Pain Management (McGill University)

Description:

This certificate is an ongoing collaboration between the School of Physical and Occupational Therapy and the Alan Edwards Centre for Research on Pain to provide healthcare professionals with the most recent and relevant approaches and technologies for the care and management of chronic pain. An interdisciplinary approach is represented by the participants as well as by the educators of the certificate. By teaching evidence-based clinical practice with an interdisciplinary perspective, this graduate certificate will provide the professional with advanced knowledge and expertise in this challenging area of healthcare. This certificate is offered in French and in English.

Learning Objectives:

- 1) Enhance your knowledge base in the most recent neuroscientific and behavioural perspectives of chronic pain
- 2) Acquire advanced practice skills in the evaluation and assessment of chronic pain conditions
- 3) Learn and apply evidence-based multi-modality treatments for diverse client populations
- 4) Appreciate roles and responsibilities of interdisciplinary team members
- 5) Develop a network of professionals and leaders in the field of chronic pain management
- 6) Acquire graduate certificate degree credentials from the top-ranked university in Canada

Target Audience:

- Medicine
- Nursing
- Occupational Therapy
- Pharmacology
- Physical Therapy
- Psychology
- Related Disciplines

Additional Info:

- 4 core courses (12 credits) + 1 elective course (3 credits).
- The completed certificate program courses qualify towards credentialing for the Canadian Academy of Pain Management (CAPM). For more information, please visit www.canadianapm.com/credentialing.html

Link: <http://www.mcgill.ca/spot/programs/online-graduate-certificates/chronic-pain-management>

Graduate Certificate in Pain Management (University of Alberta)

Description:

Online certificate program offered through U of A Faculty of Rehabilitation Medicine Online Certificate Programs. Comprised of 3 courses total (18 months to 3 years to complete).

Learning Objectives:

Upon completion of the three certificate courses students will be able to:

- 1) Understand the importance of an interdisciplinary approach in managing pain through an understanding of the unique and shared roles and responsibilities of various professionals on an interdisciplinary team in the assessment and management of pain conditions.
- 2) Use critical thinking and evidence-based approaches to develop assessment and treatment plans across the pain continuum, with an emphasis on complex/chronic pain.
- 3) Use a bio-psycho-social clinical reasoning framework which integrates information across models in the assessment and treatment of pain.

Target Audience:

- Physical therapists
- Nurses
- Psychologists
- Social workers
- Physicians (MAINPro and M1 credit available)

- Pharmacists
- Occupational therapists
- Others in related fields

Additional Info:

- Registrants who complete all three courses in this certificate may use the letters PgCPain to designate successful program completion.
- Pain certificate courses can be used towards credentialing through the Canadian Academy of Pain Management (CAPM). For more information on CAPM please visit www.canadianapm.com/credentialing.html

Link: <http://issuu.com/rehabmed/docs/>

Pain Champion Training (Pain BC)

Description:

Pain BC delivers ongoing professional education in best practices for chronic pain management to healthcare providers, with the goal of improving clinical practice and outcomes for people living with pain. Hundreds of BC healthcare providers, including occupational therapists, physiotherapists and pharmacists have completed a Pain BC workshop.

Target Audience:

Past Pain Champion Training has been co-designed with, and offered to:

- Pharmacists
- Physiotherapists
- Occupational Therapists
- Registered Massage Therapists
- Mental Health Practitioners

Link: <https://www.painbc.ca/news/new-pain-champion-workshops>

Preventing Chronic Pain: A Human Systems Approach (University of Minnesota)

Description:

Free online course consisting of modules with 10-20 minute video segments including slides, videos, experiential demonstrations, self-management training; and discussions to provide practical knowledge on preventing chronic pain.

Learning Objectives:

- Engage in creative learning strategies such as teaching through stories, personal assessment tools, and experiential training

Additional Info:

- There will be a Statement of Accomplishment offered for this course.

Link: <https://www.coursera.org/learn/chronic-pain>

Practice Support Program (PSP) – Pain Management

Description:

Chronic pain impacts a growing segment of the population. There is a strong link between persistent pain and some mental health conditions, such as depression, which is three times more likely to impact chronic pain sufferers. In this module, you will learn how to use EMR pain tools and collaborative techniques to better support pain patients and help them improve their ability to function.

Learning Objectives:

- 1) Better understand the physiological, psychological, environmental and social factors that impact chronic pain;
- 2) Identify, assess and manage patients with persistent pain;
- 3) Communicate effectively with pain patients;
- 4) Use EMR pain tools;
- 5) Build a patient registry;
- 6) Develop a care plan;
- 7) Support patients in enhanced self-care;
- 8) Collaborate with patients, families, pain specialists, allied health professionals, and non-government agencies to optimize treatment of persistent pain.

Target Audience:

- While the Pain Management module was developed with family doctors in mind, medical office assistants (MOAs) across BC are welcome to participate.
- In NH communities, PSP is not only offered to physicians; members of Interprofessional Teams (IPTs) are invited to attend the sessions. Where there are no formalized IPTs in place yet, Denys invites representatives from different departments, and local community-based providers to participate in the sessions.

Additional Info:

- Communities currently engaged in Pain PSP learning (as of Oct. 2015): Vanderhoof, Prince George, Fraser Lake, Prince Rupert, Quesnel, Valemount, Fort St. James, Mackenzie, Smithers, Fort Nelson, Chetwynd.

Link: 'Tools & Resources' and outlines of each 'Learning Session' available through GPSC site: <http://www.gpsc.bc.ca/what-we-do/professional-development/psp/modules/pain-management>

North American Pain School (NAPS)

Description:

The North American Pain School, or NAPS, brings together leading experts in the fields of pain research and management to provide a unique educational and networking experience for the next generation of basic science and clinical pain researchers.

Learning Objectives:

- We offer opportunities for scientific education, professional development, and connections with peers in a setting far removed from the lab and steeped in the character and culture of Quebec.

Target Audience:

- Although NAPS will be open to trainees from all over the world, it will primarily serve graduate students, post-doctoral fellows and clinician-scientists based in the U.S. and Canada. The Executive Committee will make selections, based primarily on scientific merit and motivation, but with consideration for demographics and need as well.

Additional Info:

- 4-day intensive workshop format.
- Yearly programs will have a different theme and will bring together 30 trainees with six dynamic, internationally recognized pain investigators from around the world and NAPS permanent faculty.

Link: <http://northamericanpainschool.com/>

Other Training

Chronic Disease Management / Self-Management Support: Shifting the Wat We Think

Description:

Two-day educational training for health care providers to develop their skills in supporting patients/clients who live with chronic conditions. The goal of the session is to increase staff's

knowledge and skills in working with their clients who have a chronic condition so they can support them in their self-management and behavioural change.

Learning Objectives:

- Day 1: introduction to chronic disease and introduces concepts and tools. They learn about the 5As, Stages of Change, behavioural change counseling and action plans. The course provides case studies and many opportunities to practice the skills.
- Day 2: delivered a week to two weeks after day one. The reason for this is to provide participants opportunities to practice their skills. Day two focuses more on integrating their self-management strategies into their client assessments. They learn about disease specific strategies for self-management support.

Target Audience:

- Health Care providers

Additional Info:

- Ongoing support for staff is provided by educators and clinical practice leads within the organization.
- Was offered through Self-Management BC (Uvic). Not sure whether this is still offered. Resources are still available via website.

Link: <http://www.selfmanagementbc.ca/chronicdiseasemanagement>

Centre for Collaboration, Motivation and Innovation (CCMI)

Description:

The Centre for Collaboration, Motivation and Innovation (CCMI) provides training and resources for healthcare practitioners dedicated to collaborative health care plans through a stepped–approach to care.

Learning Objectives:

Training and support are available in the following areas:

- Brief Action Planning,
- Group Medical Visits,
- Patient Centered Care,
- Self Management Support,
- Brief Interventions,
- Health Literacy,

- Patient Engagement,
- Social Determinants of Health,
- Diversity,
- Motivational Interviewing,
- Shared Decision Making

Additional Info:

- Most training is delivered in partnership with health authorities using a train-the-trainer model.
- Marcia Bertschi (Marcia.bertschi@northernhealth.ca) is the coordinator for Brief Action Planning and Motivational Interviewing training in NH.

Link: <http://www.centrecmi.ca/learn/>

Reference Documents

Safe Prescribing of Drugs with Potential for Misuse/Diversion

Description:

Professional Standards and Guidelines developed by the College of Physicians and Surgeons of British Columbia (2016). Document outlines standards (mandatory) and guidelines (recommendations) regarding the prescription of opioids, sedatives and stimulants.

Target Audience:

- Physicians

Link: <https://www.cpsbc.ca/files/pdf/PSG-Safe-Prescribing.pdf>

Opioids in Chronic Non-Cancer Pain

Description:

Developed by: BC Provincial Academic Detailing Service (Pharmacy). "The Basics" Introductory clinical information document. Suggested resources include: clinical practice guidelines, physician resources and education, patient resources and education, list of pain clinics, etc.

Link: <http://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/pad-service/completed-pad-topics>

(BC) Pain Assessment and Management in Residential Care: Minimum Standards**Description:**

Outlines the standards used in private and public residential care facilities in BC since 2007. Specifics related to cognitively impaired patients are noted throughout.

Developed by:

Kathleen Downes (Vancouver Coastal Health) & Vicky Bach (Fraser Health).

Link: <https://www.painbc.ca/sites/default/files/BC-ResidentialCareStandards.pdf>

Information for Health Care Professionals: Cannabis (marihuana, marijuana) and the cannabinoids**Description:**

Published in September 2010 to provide information on the use of cannabis for medical purposes.

Developed by:

Health Canada

Additional Info:

- This document has been prepared by the Controlled Substances and Tobacco Directorate at Health Canada to provide information on the use of cannabis and cannabinoids for medical purposes. Cannabis is not an approved therapeutic product and the provision of this information should not be interpreted as an endorsement of the use of this product, or cannabis generally, by Health Canada.
- Despite the similarity of format, it is not a Drug Product Monograph, which is a document which would be required if the product were to receive a Notice of Compliance authorizing its sale in Canada. This document is a summary of peer-reviewed literature and international reviews concerning potential therapeutic uses and harmful effects of cannabis (marihuana) and cannabinoids. It is not meant to be comprehensive and should be used as a complement to other reliable sources of information.

Link: http://www.hc-sc.gc.ca/dhp-mps/alt_formats/pdf/marihuana/med/infoprof-eng.pdf

Self Management Support: A Study and Implementation Guide for Health Care Professionals**Description:**

Will give health care professionals the knowledge and tools needed to empower patients to better manage their chronic conditions.

Developed by:

Michelle Medland for Fraser Health (2009)

Learning Objectives:

After completing both guides, clinical practitioners will be able to:

- 1) Understand the meaning of self-management and self-management support
- 2) Assess the current communication techniques used in patient encounters
- 3) Evaluate their existing attitudes and beliefs about self-management and self-management support
- 4) Establish a Team Action Plan to implement self-management techniques into their practice
- 5) Establish roles and responsibilities of team members to support patient self-management
- 6) Have an ability to measure and evaluate progress made within their practice
- 7) Identify a patients readiness to change and use specific techniques to enhance the readiness for change
- 8) Use communication techniques such as the 3 Questions, 5A's and communication techniques in patient encounters
- 9) Help patients develop a Personal Action Plan that will enable them to make behavioural changes
- 10) Use the problem solving technique to help patients set reasonable and achievable self-management goals
- 11) Adopt practice procedures and roles that embed self-management principles into most patient encounters

Additional Info:

- 2 Sections:
 - (1)The study guide is there to support self directed learning on the theory of self management support;
 - (2) the implementation guide will support you in implementing the learned techniques into your practice.

Link: <http://www.gpsc.bc.ca/>

Articles and Patient Handouts

This Changed my Practice: Managing Opioid Withdrawal

Description:

Article plus 2 patient handouts about experiences of Family Physician (with consultative practice in complex pain), how practice has changed, etc.

Developed by:

Dr. Pam Squire, UBC Faculty of Medicine

Additional Info:

- Receive 0.25 Mainpro M1* or MOC Section 2* study credits per article

Link: <http://thischangedmypractice.com/managing-opioid-withdrawal/>

Online Resources**Pain Treatment Topics**

Description: These UPDATES were a project of Pain Treatment Topics; Stewart B. Leavitt, MA, PhD, publisher/editor.

Developed by: Stewart B. Leavitt

Mission: To serve as a non-commercial resource for healthcare professionals & their patients, providing open access to clinical news, information, research, and education with a focus on better understandings of evidence-based pain-management practices.

Additional Info: New postings and comments were discontinued as of January 2014.

Link: <http://updates.pain-topics.org>

Michael G. DeGroot National Pain Centre

Description: Online collection of RESOURCES, KNOWLEDGE BASE, PERSONAL STORIES, E-LEARNING VIDEOS, WEBINARS and EXPERT BLOGS about neuropathic pain conditions and the different treatments available.

Additional Info: DeGroot Pain HQ (<https://www.painhq.org>) also available for people living with chronic (neuropathic) pain.

Link: <http://nationalpaincentre.mcmaster.ca/>

Pain BC - for HCPs

Description: Links to Conferences, Assessment tools, Journal articles, resources to give to patients

Link: www.painbc.ca/health-care-providers

Health Skills blog

Description: Blog for HCPs supporting CP self-mgmt. written by OT/PhD in NZ

Link: <http://healthskills.wordpress.com/about>

Canadian Pain Society

Description: Society of scientists and health professionals in pain research, pain management

Link: www.canadianpainsociety.ca

Know Pain

Description: PT Mike Stewart's page of resources – case studies, handouts, videos, etc.

Link: www.knowpain.co.uk

Institute for Chronic Pain

Description: Educational and Public Policy think tank. Includes sections on understanding and treating chronic pain, resources, and a current blog (www.instituteforchronicpain.org/blog).

Link: www.instituteforchronicpain.org

Life is Now Pain Care

Description: PT Neil Pearson's suite of clinical tools for providers

Additional Info: Cost for users.

Link: www.lifeisnow.ca/pain-care-provider

Pain Science Division

Description: CAN Physiotherapy Association's assessment tools, education and PD, pain networks/conferences, pain mechanisms/ theories and management

Target Audience: Available to Canadian Physiotherapy Association members only.

Link: www.physiotherapy.ca/divisions/pain-science

The Pain Toolkit – for HCP

Description: App available to facilitate communications with patients, includes section of visual resources to show patients. See also: video on Introducing the Toolkit (<https://vimeo.com/106378771>)

Link: www.paintoolkit.org/resources/healthcare-professionals

International Association for the Study of Pain (IASP)

Description: brings together scientists, clinicians, health-care providers, and policymakers; they publish monthly PAIN journal

Link: www.iasp-pain.org

Evidence Base for "Explain Pain" book (2nd ed.)

Description: 2013 overview of relevant literature that formed evidence base for "Explain Pain" book (note: Book is aimed at patients)

Link: <http://www.noigroup.com/>

YouTube Videos

Persistent Pain videos

Description: "Top 10 tips for GPs managing Chronic Pain" video and 4 others (engaging the patient, shifting the narrative)

Link: <https://vimeo.com/user30899282/videos>

Self-Managing and Self Management Support

Description: about Self-Management: what is SM? why? how patients can work together, especially for chronic conditions

Link: <https://www.youtube.com/watch?v=uRQ853sRt0o>