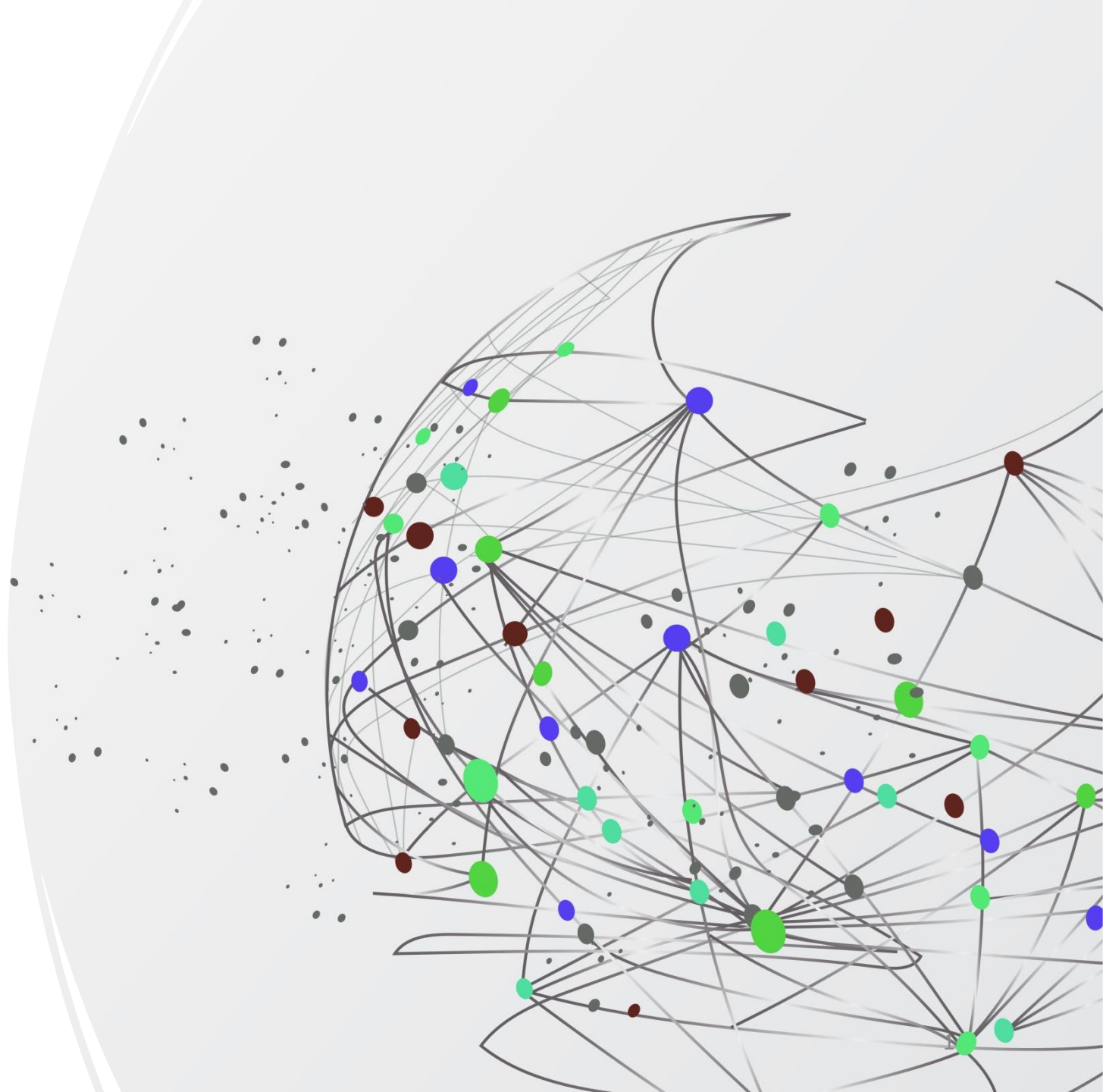


Pain Reprocessing Therapy

An evidence-based
treatment for chronic pain.



Pain Reprocessing Therapy (PRT)

- PRT is a system of techniques rooted in neuroscience to reduce or eliminate chronic pain.
- PRT is based on the premise that most forms of chronic pain are not caused by physical problems in the body, but rather the misfiring of pain circuits in the brain.



Pain= Danger
Signal



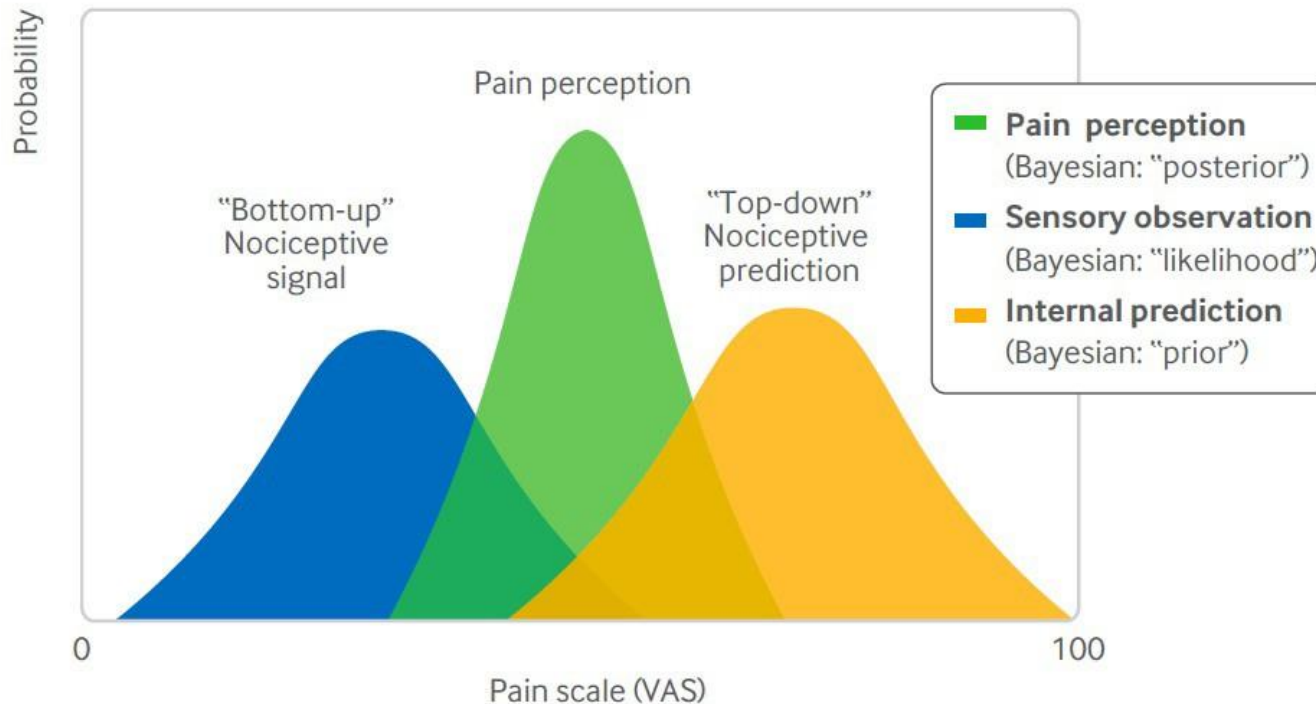


Neuroplastic Pain:

When the brain misinterprets safe signals from the body as if they were dangerous

How Pain is “Constructed” by the Brain

- Pain is an *integration* of:
 - Sensory input
 - Beliefs, emotions, & expectations
- “Predictive coding”, “active inference”, “constructionist” accounts, “Bayesian” models of brain function



Horror Movie Mode



Why does our brain misinterpret safe/
neutral signals?



Pain = Sensation + ***Fear***

The Umbrella of “Fear”



Annoyance/Frustration



Preoccupation/Problem Solving



Despair/Hopelessness



The Pain-Fear Cycle

1. Pain triggers feelings of “fear”.
2. “Fear” makes the brain more likely to misinterpret safe signals as dangerous which causes more pain.
3. More pain leads to more “fear”.
4. More “fear” leads to more pain.



Two-Pronged Approach

Fear around
the
symptoms

Fear in
general

Addressing Other Fears/Threats

- Environmental/Situational Stressors
- Health Stressors
- Psychological Stressors
- Social/Family Stressors
- Learned Fears (emotions, conflict, disorder, intimacy)



Amplification of Symptoms



Stages of PRT



1) Assess for neuroplastic pain



2) Educate patient about central sensitization, how pain develops, persists and the importance of breaking the pain-fear cycle



3) Gather and reinforce evidence



4) Pain safety learning (Exposure and reappraisal)



5) Addressing other fears, threatening emotions and stress

Assessment

Pain originated during a stressful time

Pain originated without an injury

Symptoms are inconsistent

Large number of symptoms

Symptoms spread/move

Triggered by stress

Triggers that have nothing to do with body

Symmetrical symptoms

Pain with delayed onset

Childhood adversity

Common neuroplastic pain personality traits

Lack of physical diagnosis

Psychoeducation

- Build Rapport
- Take your time
- Use patient-friendly language and analogies
- Use relevant studies/information



Gathering Evidence



Pain Safety Learning

- Helping Patients reappraise sensations as safe
 - Exposure
 - Stationary
 - Movement
 - Getting back to movement/doing what they love
 - Leaning into positive sensations/joy



The Three Components of Somatic Tracking

Mindfulness: patient attends to a physical sensation without fear, judgment, or desired outcome

Safety reappraisal: remind that the sensations are not dangerous

Positive Affect Induction: making jokes to lighten the mood

THANKS!!!

To learn more, visit:

www.painreprocessingtherapy.com

Email us:

info@painreprocessingtherapy.com

Behavioral Health Awareness Series

If you are an Evernorth or Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

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