

# Mind Body Resources for the Management of Chronic Pain

Our bodies are designed to respond to pain as an acute threat. Chronic pain is therefore somewhat unnatural. Our typical responses to pain that work well for acute pain, are often counterproductive in chronic pain. Mind body medicine is a scientifically proven treatment that has been shown to help people retrain their mind and body to respond better to chronic pain. This leads to greater productivity and happiness, and in many cases, reduced pain levels. Below are several available resources for mind body medicine. Mind body medicine is a term that applies to a number of techniques. These include relaxation techniques, biofeedback, mindfulness, and Chi Kung.

## **LIVE TRAINING**

### **University of Vermont Comprehensive Pain Clinic**

They offer multiple programs for pain management which includes mindfulness, movement classes, and massage. <https://www.uvmhealth.org/medcenter/Pages/Departments-and-Programs/Comprehensive-Pain-Program.aspx>

118 Tilley Drive  
(802) 847-5550

### **Community Mindfulness Sessions at Mindfulness for Mental Health**

This is a free, drop in community meditation. Guided meditation and instruction provided.

Nina Larosa - <https://www.ninalarosa.com/>

7 Kilburn St. Suite 305; Burlington Vermont  
(802) 735-2265

### **Center for Mindfulness - University of Massachusetts**

Internationally renowned program that is considered the model for mindfulness training  
<http://www.umassmed.edu/cfm/>

**Chi Kung or Qi Gong** – Often referred to as Chinese yoga, Chi Kung is a gentle form of body meditation which has been shown in research to reduce pain. Classes and possibly private classes are offered at the Vermont Kung-Fu academy. <http://www.vermontkungfu.com/curriculum/qigong.shtml>

167 Pearl Street; Essex Junction  
(802) 878-7888

## **BOOKS**

### **Managing Pain before it Manages You**

Workbook that is considered a classic in the field

Margaret A Caudill

ISBN 978-1-59385-982-4

### **Natural Pain Relief – Shinzen Young**

Short book with CD of exercises. Well-known, local author who specialize in mindfulness and its application to pain and suffering

ISBN 978-1-60407-088-0

## **AUDIO FILES**

**Mindfulness Meditation for Pain Relief.** By the founder of the Center for Mindfulness.

Jon Kabat-Zinn. Available on CD from any major retailer.

**Exquistemind** (<http://exquisitemind.com/free-guided-meditation-recordings.html>)

Downloadable, free mindfulness series from a local, well-known author and mindfulness expert.

## **APPS for your PDAs**

**Autogenic Training and Progressive Muscle Relaxation** by 01 Digitaes Design. This includes both progressive muscle relaxation and autogenic relaxation, both helpful for people with chronic pain. There is a small fee associated with this app.

**Stop Breath and Think** –An award winning app from Tools for Peace. This non profit has made this app available for free.

**Mindfulness Training App** – Sounds True. A well known publisher has gotten participation from many experts in mindfulness for this app.

**Headspace** – An excellent app, which has a free basic section, followed by a subscription with hours of medication instruction. This includes 30 sessions on pain management.