

Course Notes

We recommend that you familiarize yourself with the notes below, before starting the video classes, and again when you have completed the course.

Below you will find a summary of the key messages, relevant to both client and therapist.

Summary of the Mind Body Connection Premise

Pain does not always equal physical damage.

The pain message from an area can become magnified or minimized as it travels from the area up to your brain where you perceive it as pain.

In the case of chronic pain, you may feel pain when there is no physical damage taking place.

In this case, the pain message that reaches your brain is incorrect, and should be ignored and downgraded in importance.

There is also psychological component to your pain.

It can become amplified by fear, anger, stress and subconscious thoughts and beliefs about the nature of the pain.

Chronic pain is in itself a condition. It can become a self perpetuating cycle where a painful area becomes sensitized, pain is amplified, and a feedback loop is formed that makes it difficult to reduce the pain.

In order to desensitize a painful area that has become sensitized, you need to first determine that the underlying condition has stabilized. If the underlying condition 'should' have healed by now, it is likely that pain sensitization is now causing chronic pain.

Next you need to examine your thoughts and feelings towards the pain and decide if they are likely to amplify the pain. If they are, you need to set up a new feedback loop.

When you feel pain, instead of focusing in on the pain, determine to focus outwards and (as much as possible) continue to act normally, thus downgrading the importance of the pain message.

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Action Steps

- Understand the pain does not always equal physical damage
- Accept that there may be a psychological component to your pain
- Make a list of the pressures in your life - particularly self imposed pressures. Examine this list and acknowledge the emotions you may be suppressing because of this.
- Tell yourself that you accept these pressures and you will not let them cause you any more pain.
- Remind yourself that this psychological pain is not harmful physically - just painful.
- Think in terms of downgrading the importance of the pain message. You may feel the pain, however when you do feel it, give it the attention it deserves - which is zero.

Ongoing Mindset

- Work on this new understanding for the next four weeks.
- Look for tiny improvements initially and build on these small steps.
- The slightest improvement is a sign that the process is working - be encouraged.
- Don't give up.
- Measure progress in terms of ability - things that you can do that you couldn't before - not reduction in pain, as doing this will only focus you back on the pain.

Enjoy the Course!

Click on the link to access your video classes (use Password provided below).

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