

Halifax Pain Self-Management Program

What is the Pain Self-Management Program?

- The Pain Self-Management Program (PSMP) is a group program. It helps people with long-term pain learn skills to manage their pain each day.
- The PSMP recognizes that pain affects the whole person (body, mind, and spirit). The program uses ideas from psychology, physiotherapy, and occupational therapy. It teaches ways to live better with long-term pain.
- There are 10 to 12 people in each group. The program lasts for 10 sessions.

Who is the program for?

- The PSMP can help anyone who is ready to learn new ways of managing long-term pain, other than medication. You will take an active part in learning ways to improve your quality of life and make a plan to live better with long-term pain.

Topics include:

- › Beliefs about pain
- › Body mechanics (how your body moves)
- › Communication
- › Deep breathing and relaxation
- › Flare-ups
- › Goal setting
- › Lowering tension
- › Maintenance (keeping up what you have learned in group)
- › Managing your energy
- › Mindfulness
- › Movement and exercise
- › Pacing
- › Problem solving
- › Progress (using what you learned in group to reach your goals)
- › Self-talk
- › The science of pain

When and where is the PSMP held?

- Sessions are held in the fall, winter, and spring. Please ask the program coordinator about session dates.
- Online and in-person options are available.

How do I sign up?

- Call 902-473-5471 to sign up or ask your health care provider to refer you.