

This booklet is meant to help you keep taking steps towards acceptance and living a full life. There are many ways that this can be accomplished. Find what works for you. It is different for each individual.

Contact Us

I offer psychotherapy to individuals, couples, families and groups in the tranquil setting. My aim is to help people live life more fully with a sense of peace and joy. People may come with psychological, emotional and/or life issues. For instance depression; long-standing difficulties in relationships or relating to others; family issues from the past or in the present; traumatic experiences that do not recede; life changes that are not easily accommodated; an unhappy past or childhood. While some problems seem identifiable sometimes the causes of depression or deep unhappiness may not be apparent although the pain is very real.

I offer both Mind-Body Attunement Therapy and EMDR for chronic pain. Both therapies can help with:

Physical Symptoms: Chronic Pain, exhaustion, irritable bowel syndrome, neurologically mediated paralysis, suppressed immune system, etc.

Emotional Symptoms: Anxiety, panic attacks, phobias, depression, anger

Social Symptoms: Conflict, isolation, loneliness, loss, etc.

Behavioural Symptoms: Addictions, eating disorders, compulsions

Cognitive Symptoms: Obsessive thinking, suicidal ideation, delusions, paranoia, etc.



MIND BODY
Counselling

LIZ REZANSON
Psychotherapist
BCYC, MACP, RCC, CCC



Phone: 250 540 6769
liz.rezanson@gmail.com
3207 30 Ave
Vernon, BC V1T 2G7

Chronic Pain, Depression, Anxiety,
Trauma - Children and Adults

Changing the Impact of Pain: Where Do We Go From Here?

Resources to help take the next step...



Resources to Look For In Your Area

1. A therapist who specialise in chronic pain and illness
2. A MBSR-Mindfulness Based Stress Reduction workshop: using the wisdom of your body and mind to face stress, pain and illness, a program established by Jon Kabat-Zinn. Mindfulness is about learning to be present in our lives. You will learn a variety of different practices which involve focusing on moment-to-moment experience in order to reduce worry, emotional re activity, increase concentration levels and much more. Call David Greenshields MA, RSW with the BC Cancer Agency at 250-718-2698 or email him at davidtg@telus.net to save your space.
3. Yoga: a yoga group that is right for you. There are many types of yoga including chair yoga and yoga that is modified for pain and illness. Yoga is a great way to get some gentle exercise and practice mindfulness and relaxation.
4. A Rehabilitation program in your area that incorporates exercise, pacing, and mindfulness. This would include these professionals: an occupational therapist, a kinesiologist and a psychologist (counsellor).

Online Mindfulness Exercises

Mindfulness of Physical Pain: 4:47 Balloon

<https://www.youtube.com/watch?v=MY1eiJ8g54M>

Mindfulness of Breath 3:35

https://www.youtube.com/watch?v=VmS_K2NF8oM&feature=youtu.be

Breathing In Meditation 4:42

<https://www.youtube.com/watch?v=tMjgmI9NTX8&feature=youtu.be>

Leaves on a Stream 5:31

<https://www.youtube.com/watch?v=4iVRvXFMww8&feature=youtu.be>

Resources by App

There are thousands of Apps. Topics include self-help therapy (DBT, CBT) and trackers that track things like diet, exercise, pain, medication, and mood. Download Apps and fiddle with them while waiting for appointments or taking a break at home. You will find ones that work for you to help set goals, give you tools that help your pain and record symptoms, triggers and medication. Remember to use these tools in tandem to medical advice; keep communicating with your support team. These are some of the Apps I have explored.



Pain Coach

<https://itunes.apple.com/ca/app/webmd-pain-coach/id536303342?mt=8>

The Pain Coach tracks medication, pain management tools you use, other treatments, triggers, and symptoms. It also give lots of educational information on pain, treatments, and triggers. There is usually one a day and it is short and manageable. You can also set goals in the areas of food, rest, exercise, mood and treatments.

GPS4soul

<https://itunes.apple.com/ca/app/gps-for-the-soul/id586099254?mt=8>

This is an App with short relaxation exercises. Easy to do at home or waiting for appointments. They have music but also can be done as quiet exercises just looking and reading the screen if in public. Lots of affirmations and remuneration on accepting one's self.

DBT Self Help

DBT stands for dialectical behavior therapy. It is an app that help you learn self-regulation skills; helps you manage overwhelming emotions, break destructive impulsive behaviors, navigate relationships and cultivate mindfulness.



More Self-Help Books...

Levine A., P., & Phillips, M. (2012). *Freedom from pain: Discover your body's power to overcome physical pain*. Boulder, CO: Sounds True Inc.

This book introduces somatic experiencing therapy ways of managing pain to the reader. Great exercises are included in the book and on a dvd that is included.

Williams, M., Teasdale, J., Segal, Z., & Kabat-Zinn, J. (2007). *The mindful way through depression: Freeing yourself from chronic unhappiness*. New York, NY: Guildford Press.

This is another great self-help book that includes a DVD with mindfulness exercises. Depression often accompanies chronic pain. This is a great book to help maintain a healthy mood but not meant for someone in the middle of a serious depressive episode. If you are experiencing deep depression you should see your doctor for referral to a professional that can help.

Website Resources

These are meant to provide education and give ideas of different resources. When considering a new exercise regime include your doctor in your decision. There are many good sites and programs online but not all are appropriate for all people in pain. Together with your doctor you can make decisions and choose a program that will complement the other pain management tools you use.

Life is Now

<http://www.lifeisnow.ca>

If you subscribe to this website you have access to all sorts of awesome resource tools for managing pain including a whole step by step

Yoga For People in Pain Webinar Series including:

Breath awareness Practice

Breath Awareness Q & A

Breath Control Practice

Breath Control Q & A

Body Awareness and Tension Release Practice

Body Awareness and Tension Release Q & A

Moving in the Face of Pain Practice

Moving in the Face of Pain Q & A

As well as a webinar **Pain Management Education**

Overcome Pain Live Well Again Part 1

Overcome Pain Live Well Again Part 2

Overcome Pain Live Well Again Part 3

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

<https://www.youtube.com/watch?v=4b8oB757DKc>

This is a very short video explaining pain.

More Website Resources...

People in Pain Network

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

The People in Pain Network website has a plethora of resources and links to resource to help people understand chronic pain and manage chronic pain. Resources included links and information on Canadian government services; information for caregivers and families of people in pain; summaries of books on management of chronic pain; pain organizations; fitness; as well as, video and audio presentations. Topics include stress management, information on medications (opiates), coping with chronic pain, mindfulness and guided meditation, optimizing sleep, and chronic fatigue. If you sign up to be a member you can also access the People in Pain Network's *Canadian Pain Toolkit* which is a 22-page PDF with 12 tips and skills to help manage pain.

LaChapelle, D.. Accepting your Chronic Illness

<https://www.youtube.com/watch?v=qQy2fvBRC64>

This presentation explores acceptance as at the core of adjusting to chronic pain and illness. McCrackin states acceptance is the largest influence on outcomes for people living with chronic illness and pain. (as cited in LaChapelle, 2014). Dr. Diane LaChapelle has recognized, from listening to her patients that are experiencing chronic illness/pain, that acceptance is key but a term that is usually interpreted by patients as being told to "give up." What is actually meant by the term acceptance is continuing to have hope but not being so invested in the search for a cure that you don't continue to live life in the meantime. Dr. LaChapelle reviews the stages of emotional turmoil through the process of acceptance as well as the steps to letting go of the losses and building a new normal.

Okanagan Interventional Pain Clinic

<http://www.okpainclinic.ca/oipc/index.jsp?nav=education>

Overcome Pain: Live Well Again – videos by Neil Pearson

Self-Help Books

Self-help books are great but not for everyone. Here are some great books for those interested in reading more.

Otis, j. d. (2007). *Managing Chronic Pain: A Cognitive-Behavioural Therapy Approach Workbook*. New York, NY: Oxford University Press.

This is a workbook for people with chronic pain. Topics include education on pain, theories of pain, cognitive restructuring, stress management, sleep hygiene and relapse prevention. Tools for managing pain covered are diaphragmatic breathing, progressive muscle relaxation, visual imagery, and time-based pacing.

Dahl, J., & Lundgren, T. (2006). *Living beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain*. Oakland, CA: New Harbinger Publications, Inc.

This is a self-help workbook. Chapters in the book address use of medications; clarifying values; thought processes that hold clients back; mindfulness skills to manage pain; and commitment to actions to promote a richer life. Further topics include understanding pain and understanding that trying to control it isn't the answer, learning to live beyond your pain is. A great positive approach with steps towards acceptance and learning to live better that can be used as topics in group therapy.