

Pain Coping Resources:

Books:

1. 'Full Catastrophe Living' by Jon Kabat-Zinn
2. 'Mindfulness Skills Workbook' by Debra Burdick
3. 'Explain Pain' by David Butler
4. 'LAMP Learning about Managing Pain: Patient Workbook' by Beverly Thorn and 'Cognitive Therapy for Chronic Pain: A Step-by-Step Guide' by Beverly Thorn
5. 'Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach' by John D. Otis
6. 'The Art of Living' by Epictetus
7. 'Back in Control' 2nd Ed. by David Hanscom, MD
8. 'Opioid-Free Pain Relief Kit: 10 Simple Steps to Ease Your Pain' by Beth Darnall, PhD
9. The Pain Management Workbook by Rachel Zoffness, MS, PHD

Websites:

1. www.neuroplastix.com (you can order the Neuroplastic Transformation workbook there)
2. <https://backincontrol.com/the-4-stages/> (website which accompanies "Back in Control" book) – Go to the Direct Your Own Care (DOC) Roadmap for action steps

Apps:

1. 'SuperBetter' by Jane McGonigal
2. 'Headspace' (mindfulness meditation app)
3. 'Calm' (mindfulness meditation app)

Youtube videos:

1. 'Why mindfulness is a superpower' by Happify
2. 'How to defeat negative thinking' by Happify
3. 'Meditation 101: A beginner's guide' by Happify
4. 'Jon Kabat-Zinn Body scan meditation: Guided meditation' by People in Pain Network

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