

Welcome to the Royal Jubilee Hospital Self-Management Program



Royal Jubilee Hospital (RJH) Pain Program
Memorial Pavilion – 2nd floor, Homer Wing
1952 Bay Street
Victoria BC, Canada
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[Islandhealth.ca/painprogram](https://islandhealth.ca/painprogram)
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Self-Management Pathway

What you think, say and do changes your pain on a cellular level. Make this moment count by incorporating tools and resources available to you.

☐ Review Island Health's [Pain Program – Clinic Introduction Slideshow](#)

☐ Attend **Orientation**

Approximately 1 hour education session offered as a live virtual group session through Zoom for Health platform. You will learn the latest in pain science, common misconceptions and strategies to optimize your well-being.

☐ Attend a Self-Management course:

RJH Pain Program

Pain Foundation (led by trained healthcare professionals) – available upon completion of Orientation and 1:1 intake with rehab team

An eight session (2.5 hours each) interactive self-management program. Participants will learn evidence based active strategies to calm their pain protective system. We take a whole-person (biopsychosocial and values based) approach and provide support as you develop your own combination of self-management strategies. Sessions are offered either via zoom or in-person.

Other Community Options:

Self-Management BC (led by trained peers living with persistent pain)

A free chronic pain program to adults of all ages. This program is offered virtually, online, by telephone, or by mail for adults living in BC. To learn more, check out <https://www.selfmanagementbc.ca/chronicpainprogram> or call toll free: 1-866-902-3767

LivePlanBe+ (self directed)

A free online educational program created with the input of people living with pain. To learn more, check out <https://www.liveplanbe.ca>

Making Sense of Pain (led by a trained facilitator)

Held over nine to ten weeks, facilitators provide participants with opportunities to learn about pain, the various factors that can make pain worse, and simple strategies that can help participants better manage pain in every day life. All sessions are online via Zoom.

To learn more, call 250-807-8241 (voicemail is available after hours) or email ipc.ok@ubc.ca the UBCO Psychology Clinic.

- ☐ Attend a specialized course(s) – available upon completion of a self-management course outlined above

RJH Pain Program		
Making Peace With Sleep	Cognitive Behaviour Therapy for Pain & Insomnia (CBT-PI) course that addresses the effects of pain on sleep	4-week course 2 hours, once a week
Mindfulness Based CBT for Pain	Learn to enhance awareness of your habitual patterns and skills to intentionally respond rather than to react	7-8 -week course 2 hours, once a week
Gentle Movement	Learn to wind down your nervous system and, create a sense of safety in your body	6-week course 1 hour, once a week
Pain Reprocessing Therapy	Retrain how the brain responds to signals in the body using cognitive, somatic, and exposure-based techniques	8-week course 2 hours, once a week

- ☐ Engage with other community resources (see Pain Program – Introductory Slideshow for more information)
- [Pain BC](#)
 - [Pain Support Line](#)
 - [Coaching for Health](#)
 - [Pain BC's Pain Support & Wellness Groups meet twice a month in communities across BC](#)
 - [Anxiety Canada](#)
 - [Bounce Back](#)
 - [BC Association for Living Mindfully](#)
 - [Mind Space Skills for Wellbeing](#)
 - [Gentle Movement @ Home](#)

- ☐ Other Recommendations:
