

Why Self-Management?

Persistent pain can be complex and does not always go away with medical treatment alone. Managing persistent pain often involves learning new ways to take an active role in your care.

Self-management can help you build the skills and confidence needed to manage your symptoms day to day. These skills can help you stay active, do the things that matter to you, and improve your quality of life.

Supported self-management does not mean you are on your own. It compliments medical care you may receive and provides additional tools and strategies to help you manage your pain.

These courses are designed to help you better understand persistent pain, explore helpful strategies, and feel more confident about your next steps.



Watch our video to
learn more about pain
and self-management
strategies

Video can also be found on our webpage:

<https://www.islandhealth.ca/services/pain-program/pain-program>

Hours of Operation

Monday to Friday, 7:30 am to 3:30 pm
(closed on statutory holidays).

Contact Information

RJH Pain Program

1952 Bay Street

Memorial Pavilion, 2nd Floor, Homer Wing

250-519-1836 ext 4

RJHPainSelfManagement@islandhealth.ca



Island Health

www.islandhealth.ca/services/pain-program/group-programs



Island Health

Self-Management Courses

RJH Pain Program

Learn effective tools and strategies to help manage pain and improve your quality of life



Foundational Courses

☐ Understanding Pain & Your Path

Forward (*complete prior to Pain Foundations*)

1.5hrs – One time

This introductory session helps you understand persistent pain, explore evidence-informed strategies, and build practical skills to improve your quality of life. You will learn:

- Why pain persists
- Practical strategies that can reduce pain's impact on your life

This course is offered via zoom or in person.

Pain Foundations

2.5hrs – Once per week – 8 weeks

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.

How to Register

To register for any of our courses, please e-mail the self-management program at:

RJHPainSelfManagement@islandhealth.ca

In your e-mail include:

1. Your full name
2. Provincial Health Number (PHN)
3. The name of the course you wish to take.

Note: Completing *Understanding Pain* is **required** prior to completing any other course.

If you do not have e-mail access, you can call our self-management program to leave a message at 250-519-1836 ext 4

Specialty Courses

These courses are available to take **after completion of Pain Foundations** or equivalent. *Please note that some courses may vary slightly in length or frequency to meet program needs.*

Making Peace with Sleep

2hrs – once per week – 4 weeks

Cognitive Behaviour Therapy for Pain & Insomnia (CBT-PI) course that addresses the effects of pain on sleep

Mindfulness Based CBT for Pain

2hrs – once per week – 8 weeks

Learn to enhance awareness of your habitual patterns and skills to intentionally respond rather than to react

Gentle Movement

1hr – once per week – 4 weeks

Learn to wind down your nervous system and, create a sense of safety in your body

Pain Reprocessing Therapy

2hrs – once per week – 8 weeks

Retrain how the brain responds to signals in the body using cognitive, somatic, and exposure-based techniques

Self-management Options

(NOT offered by RJH Pain Program)

Pain BC

• **Making Sense of Pain**

Held over nine 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.

• **LivePlanBe+**

A free online educational program created with the input of people living with pain.

To see **more courses** offered by Pain BC, visit: <https://painbc.ca/find-help>

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**, visit:

<https://www.selfmanagementbc.ca/chronicpainprogram>

or call toll free: 1-866-902-3767

Empowered Management

A free self-paced online course that provides you with tools to be an active participant in your pain management. **To learn more**, visit:

<https://learn.poweroverpain.ca/courses/empowered-management-multimedia>