

# Complementary Techniques for Coping with Pain

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## Talk Outline

- ▀ Approaches to Pain Management
  - ▀ Physical Activity
  - ▀ Cognitive-Behavioral Therapy
  - ▀ Acceptance and Commitment Therapy
- ▀ Resources

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## Physical Activity

- ▀ Yoga
- ▀ Tai Chi



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## Yoga

- ▀ Involves breath control and body postures
  - ▀ Improves tension **headache pain** and duration compared to "usual treatment" (Anheyer et al 2019)
  - ▀ Some evidence that it results in small to moderate improvements in **back pain** and function (Wieland et al., 2017)



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## Tai Chi

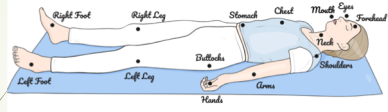
- ▀ A series of gentle exercises and stretches in flowing motion
  - ▀ "meditation in motion"
  - ▀ Effective for arthritis & chronic back pain (Kong et al., 2016)
- ▀ More research needed

## Cognitive-Behavioral Therapy (CBT)

- ▀ Goal is to examine and change maladaptive thought patterns and behaviors
- ▀ Includes a wide variety of techniques
  - ▀ relaxation, biofeedback
  - ▀ problem-solving
  - ▀ identifying and changing irrational thoughts
  - ▀ goal-setting

## Cognitive-Behavioral Therapy (CBT)

- Progressive muscle relaxation



- Biofeedback – the process of gaining greater awareness of physiological functions by using electronic instruments



## Acceptance and Commitment Therapy

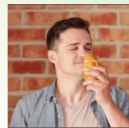
- Effective with various types of chronic pain – osteoarthritis, neuropathic pain, lower back pain, fibromyalgia, sickle cell anemia, etc.
- Goal of ACT is not to eliminate a person's pain... but to optimize their quality of life while living with the pain
- Key concepts/techniques include:
  - Mindfulness
  - Values

## Mindfulness

Non-judgmental moment-to-moment awareness...

How do I do it?

- Mindful breathing
- Body scan
- Daily activities



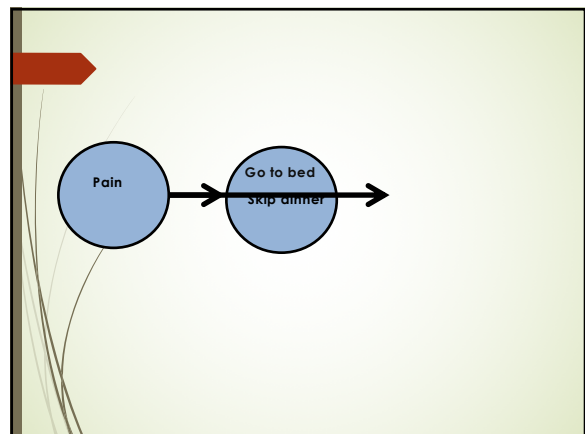
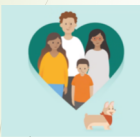
## Mindfulness

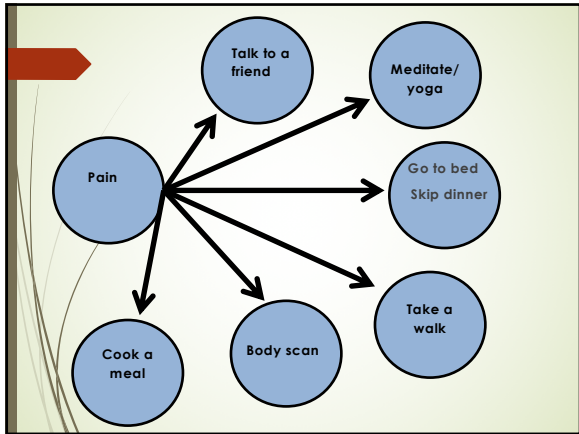
- Mindfulness-based stress reduction (MBSR) significantly improves pain and quality of life in individuals with chronic headache (Bakhshani et al. 2015) and chronic low back pain (Banth & Ardebil, 2015)
- MBSR reduces depression, anxiety, and pain in people with nerve pain (Zhu et al., 2019)



## Values

- Who and what things/activities are most important to you?
- How do you want to show up in life?





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## Resources

- Find a CBT therapist: [abctcentral.org](http://abctcentral.org)
- Find a biofeedback practitioner: [aapb.org](http://aapb.org)
- Find an ACT therapist: [contextualscience.org](http://contextualscience.org)

Websites

- [www.thehappinesstrap.com](http://www.thehappinesstrap.com)
- [www.mindfulness.com](http://www.mindfulness.com)
- [www.actonpurpose.com.au](http://www.actonpurpose.com.au)

Books

- Full Catastrophe Living – Jon Kabat-Zinn, PhD
- Get Out of Your Mind and Into Your Life – Steve Hayes, PhD
- The Happiness Trap – Russ Harris, MD

## Relaxation/Biofeedback Apps

Screenshots

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## Mindfulness & ACT apps

Mindfulness  
Meditation

ACT Coach

Headspace

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Thank you!

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