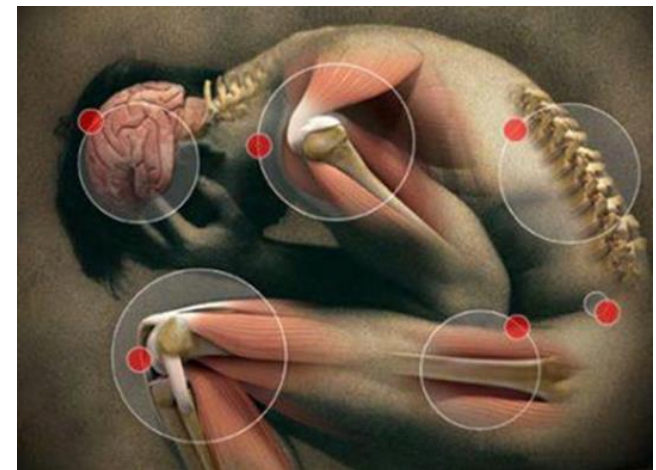


Pain psychology: implications for treatment

Prof.dr.med. Egil Fors,

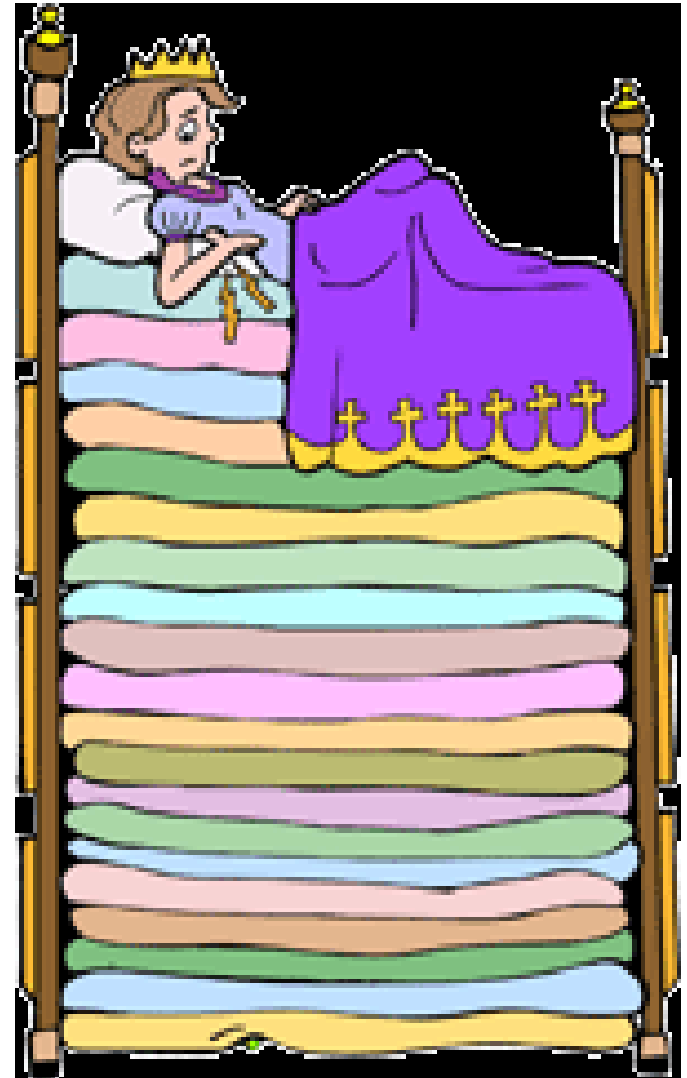
Dept of Public Health and Nursing, Norwegian
University of Science and Technology, Trondheim

OSLO October 9th 2017



Agenda

- What is pain?
- Why pain psychology?
- Implications for treatment
- Specific and tailored treatments
- Conclusions



What is this thing called pain (love) ?

- A subjective experience
- The main focus of attention
- Displaces other stimuli (which will be ignored)
- The only thing that matter
- Difficult to change

Cole Porter 1929:

“... What is this thing called love? This funny thing called love? Just who can solve its mystery?...”



**Dorando Pietri, marathon
London Olympics 1908**



**Eisenberger NI, Lieberman MD,
Williams KD. Does rejection hurt? An
FMRI study of social exclusion.
Science. 2003 Oct 10;302(5643):290-2.**



**B Daehli,
Nagano 1998
Olympics**

Why pain psychology?

The role of a pain psychologist

- Interactively body-mind approach, not complementary
- Multidisciplinary is preferable
- Co-morbidity (Anx, Dep, PTSD, psychoses)
- Specific strategies in pain patients without co-morbidities
- Problems (?): Stigma for patients (... «I have back pain, it is not in my head...» Different treatment cultures?

Collaborate on pain? St Olavs Hospital:

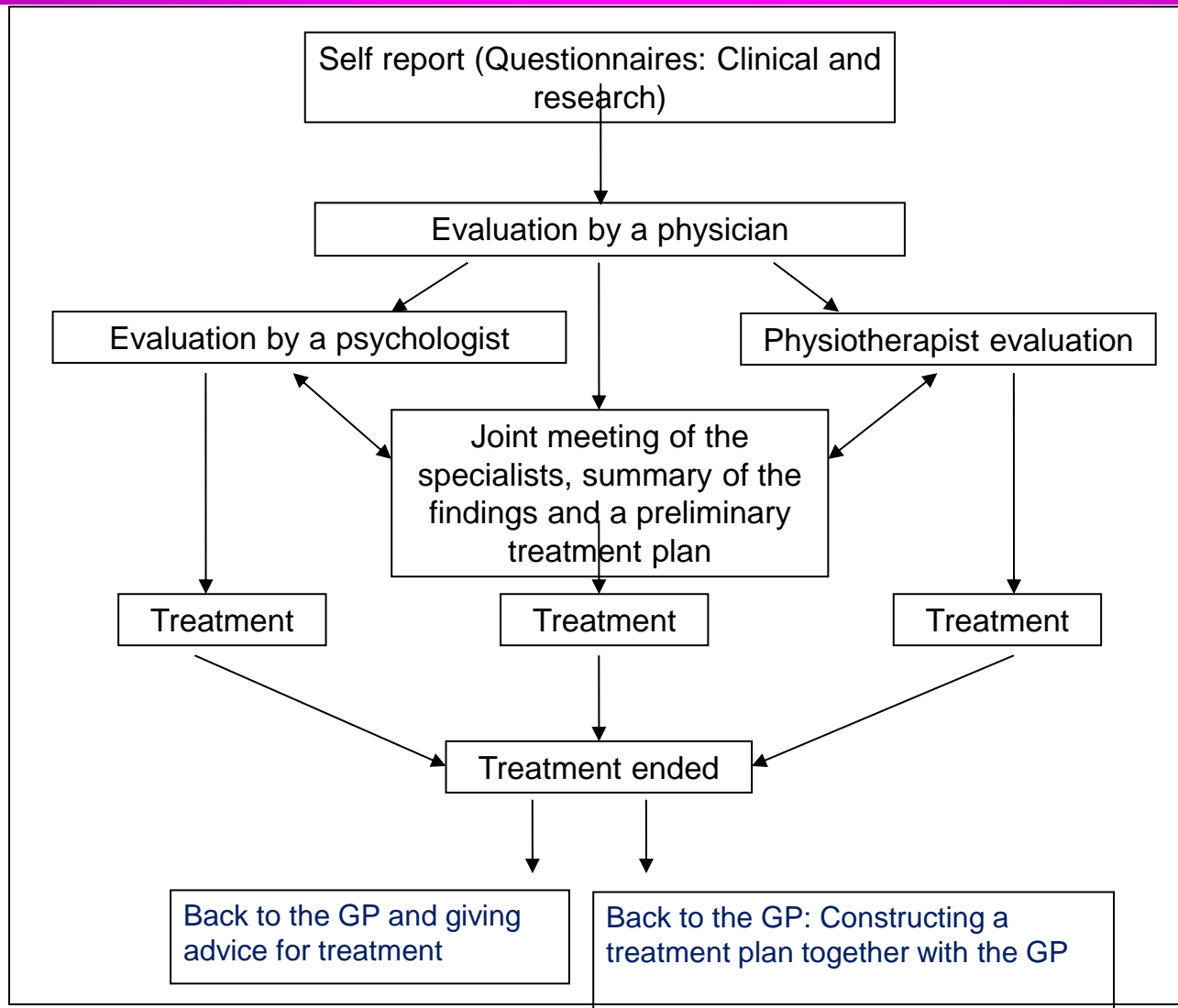
Dept of Anesthesiology

- «Yes, we have to try out this!»
- "Exciting, we must do this»!
- "We have to see and test if it works – the road is made while you are walking».

Dept of Psychiatry

- «We need more time if we are going to do this».
- "The entire group has to reflect upon this"
- "Do we have time to ask about pain"
- «It is lots of extra work for us to collect data for the Pain Clinic
- "How do we manage and use all the new information we get about pain in these patients?»?
- "How do we ask about pain"?

Pain management plan in a multidisciplinary pain clinic



Clinical pain psychology

- Communication with the pain patient
- Behaviour and pain
- Cognitive behavioural therapy (CBT) and pain
- Mindfulness based stresserduction (MBSR)
- Accept and Committment Therapy (ACT)
- Psychodynamic approaches (ISTDP)
- Hypnosis and Guided Imagery

Management recommendations as flow chart.

Tailored treatment of fibromyalgia with pain psychology, 2016: EULAR guidelines

