

Pain care for life contents

	Format	Begin in week	<ul style="list-style-type: none"> • Starter course • Middle course • Full course 	Completed
1. Introduction: Pain care for life – Paths to recovery	Audio	1	●	
“Paths to recovery model” printable	PDF	1	●	
“Optimistic scientific recovery model” explanation	PDF	1	●	

2. Knowledge – Understand pain live well again ebook	E-book	1	●	
2.01 Introduction to pain education	Video	1	●	
2.02 Understanding the pain systems	Video	1	●	
2.03 Danger signals	Video	1	●	
2.04 The perception of pain	Video	1	●	
2.05 How the nervous systems work	Video	1	●	
2.06 When pain persists	Video	1	●	
2.07 Movement guidelines	Video	1	●	
2.08 Requirements for successful recovery	Video	2	●	
2.09 Pain and body awareness	Video	2	●	
2.10 Your path to living well	Video	2	●	
2.11 Overcome pain live well again - full lectures (videos 1, 2, 3, 4)	Video	3	●	
2.12 Key messages of pain care	PDF	3	●	
2.13 Additional resources	PDF	5	●	
2.14 Explanation of yoga for chronic pain	Audio		●	

3. Breathing – Introduction	Audio	1	●	
3.01 Preparation for breathing techniques	Audio	1	●	
3.02 Breath awareness	Audio	1	●	
3.03 Longer, smoother, softer	Audio	2	●	
3.04 Three-part breath	Audio	4	●	
3.05 Extended exhale	Audio		●	
3.06 Record your own belly breathing	PDF		●	
3.07 Sa Ta Na Ma breathing	Audio		●	
3.08 Record your own Sa Ta Na Ma	PDF		●	

4. Awareness and self regulation				
4.00 Guidelines for body awareness	Audio	2	●	
4.01 Seven minute body scan (downloadable)	Audio	2	●	
4.02 Awareness of no pain and subtle body sensations	Audio	4	●	
4.03 Releasing body tension	Audio	2	●	
4.04 Scan all aspects of self	Audio	4	●	

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4.05 Record your own breath awareness	PDF	2	●	
4.06 Record your own body awareness	PDF	3	●	
4.07 Alternate nostril awareness	Audio	5	●	
4.08 Eleven minute body scan	Audio		●	
4.09 Sixteen minute body scan	Audio		●	
4.10 Twenty-four minute body scan	Audio		●	

5. Challenge your body	Audio	2	●	
5.01 Movement and exercise guidelines	Audio	2	●	
5.02 Exercise guidelines handout (downloadable)	PDF	1	●	
5.03 Learning to breathe with gentle movement	Video		●	
5.04 Releasing body tension during movement	Video		●	
5.05 Movement with awareness beyond pain	Video		●	

6. Reset nervous systems	Audio	3	●	
6.01 Breathe into pain	Audio	3	●	
6.02 Using distraction	Audio	5	●	
6.03 Changing pain beliefs	Audio		●	
6.04 Guided imagery to reset	Audio		●	
6.05 Courage meditation and relaxation	Audio		●	
6.06 Balance meditation and relaxation	Audio		●	
6.07 Letting go meditation and relaxation	Audio		●	

7. Planning	Audio	5	●	
7.01 Daily planning handout (downloadable)	PDF	4	●	
7.02 Guidelines for planning	PDF	4	●	
7.03 Meditation on planning	Audio	4	●	
7.04 The importance of planning to practice	Audio	6	●	
7.05 Strategies to calm and escape	PDF		●	
7.06 Incorporating physio into pain care	Audio		●	
7.07 Persistence meditation	Audio		●	
7.08 Purpose meditation	Audio		●	