

Contents

	Format	Begin In week	Starter Middle Full course	Completed
1. Introduction: Pain Care for Life – Paths To Recovery	video	1		
1. Recovery Model printable	pdf	1		
2. Knowledge <i>includes Recovery Model handout and Understand Pain Live Well Again ebook</i>	pdf ebook	1		
2.01 Introduction	video	1		
2.02 Understanding the pain system	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 when pain persists	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 Key Messages of Pain Care	pdf	3		
2.12 Additional Knowledge Resources	pdf	5		
3. Breathing		1		
3. Why work on breathing	video	2		
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3.02 Longer Smoother Softer	video	2		
3.03 Intro/Preparation for Breathing techniques	video	1		
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	audio			
4. Awareness and Self Regulation		1		
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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		

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			1		
5.	Introduction	video	2		
5.01	Gentle Movement, Exercise and Yoga guidelines	video	2		
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6. Reset Nervous Systems			1		
6.	Introduction to Resetting	video	3		
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6.03	Changing Pain Beliefs	video			
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			1		
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7.02	Some guidelines for planning	pdf	4		
7.03	Meditation on Planning	audio	4		
7.04	The Importance of Practice	video	6		
7.05	Strategies to Calm and Escape	pdf			
7.06	Purpose Meditation and Relaxation	audio			
7.07	Persistence Meditation and Relaxation	audio			
7.08	Incorporating Physio into Pain Care Plans	video			