Patty's PT Tips

The Brain's Pain Alarm **May 4th, 2022**

Brain Centric Healing and Pain Management

Resources for this topic:

curablehealth.com – this is an app-based format that can be viewed on phone or on your computer. There is a free introductory version or a monthly subscription-$5 to $10/month.

To learn more, you can Google:

Pain Reprocessing Therapy (PRT) or Psychophysiological Symptom Relief Therapy (PSRT)

TED Talk by Lorimer Moseley "Why Things Hurt"

Aims of Brain Centric Healing

1)Reduce or eliminate pain

2)Shift one's beliefs about the cause of pain and the threat level of pain

3)Teach the brain to reinterpret signals as safe instead of dangerous and painful

4)Provide techniques for navigating daily stressors without triggering physical pain

Traditional Mind-Body Healing

1)Accept and manage pain

2)Reduce the impact of pain on one's daily life

3)Improve physical and emotional well-being despite the pain

4)Provide techniques for better coping with pain and reducing general stress levels

The brain's response to pain-structural and functional changes take place in key brain regions that are responsible for processing, regulating and making sense of pain

These changes make it easier for the pain to continue the cycle of pain

Once these changes take place, the primary cause of the ongoing pain is no longer an injury in the body but is a learned process in the brain

3-Step Guide to Disarming the Brain's Pain Alarm

Somatic Tracking Exercise

When pain comes along, the first instinct most people have is to push the sensation away. Next time the pain arises, try this gentler approach instead. It just might help the sensation move through you more quickly without so much resistance and struggle.

Close your eyes and lean into the sensation. Try to observe it without judgement or resistance, simply accepting its presence. Be careful not to sociate any emotions with the sensation, just examine it as if you were a third party. Notice different attributes to the sensation, like where it's located and whether it's moving or changing. Observe the sensation with a sense of pure curiosity, careful not to resist it or judge it as a bad sensation. After a few minutes of this, open your eyes and continue to maintain this attitude of curiosity in nonjudgement throughout the day.

Update the Brain's Facts

- It is important to actively engage the prefrontal cortex by reminding your brain that the painful sensation you feel is not dangerous. Use the statements below to remind your brain of the facts:
- Pain is not dangerous
- Pain is not necessarily a sign of structural damage in the body. Pain can be present with no structural damage at all.
- Even when structural abnormalities are present, they are very rarely the cause of the long-term chronic pain.

- Chronic pain is perpetuated by learned neural pathways in the brain. These pathways can create real and intense pain, but they can also be unlearned, reversing the cycle of pain.
- You can be in pain and still be completely safe and healthy.

Switch the Signals from Danger to Safety

- Deepen your breathing then focus on the breath with your eyes closed for 2-5 minutes.
- Close your eyes and vividly visualize a place that makes you feel safe. Imagine that you are physically there now.
- Prove to your brain and body that you are safe by performing gentle movement such as stretching or walking.

*****All pain is real!!*****