

SYTAR June 13-16, 2019



Pain: Are You Helping or Hindering?

<p><i>TF04 -</i></p> <p>Pain: Are You Helping or Hindering?</p> <p>2:00-3:45 pm Fri</p>	<p>Matthew J. Taylor, PT, PhD, C-IAYT</p>
<p><i>TS08 -</i></p> <p>Pain: Are You Helping or Hindering?</p> <p>4:15-6:00pm Sat</p>	<p>Matthew J. Taylor, PT, PhD, C-IAYT</p>

Description:

The science behind easing future suffering and pain continues to change rapidly. What we “knew” two years ago has already changed. Where we as yoga therapists focus our attention is critical. Join Matt in exploring what he’s learning from his ongoing studies and work on national task forces for non-pharmacological pain care. Much of what we’ve done in the past either isn’t true, harmful or just a waste of time. Many of the classical yoga descriptions of suffering reflect emerging science and point us in the direction of better messaging in building our businesses and communicating interprofessionally with referral sources and consumers. We’ll update you on what’s new, consider your opportunities as a yoga therapist for altering your present practice(s), and then generate an action plan for your evolving support of those in pain. A blend of fun, challenge, and courage as we create our future profession together.

00-05: Centering

05-15: Rationale for being current/ Examples of what is happening

15-25: Refinement of Yoga Therapy & Yogopathy...slippery!

25-30: The Paradox of Pain Care: Camel’s Nose vs Whole Enchilada

30-40: The Old Stuff is Actually Ahead of the New Stuff

40-50: What’s Your Experience with Pain?

50-65: Helping or Hindering Chart

65-80: Building Your Practice with Pain Literacy (we aren’t competing)

80-105: Making a Pain Plan for Home

Rationale for being current/ Examples of what is happening

- See hot linked resource list below.
- Most providers and consumers are 20th century

- Pain is an expanding crisis to include drugs (opioid “epidemic” [sic]), suicides, and other addictions. Pain and suffering are NOT synonymous.
- When we repeat what are others are selling with pain illiteracy, we stoke the crisis.
- So, what is “best” pain practice? Current best guess (it’s always a guess remember) is CIPM ... Comprehensive Integrative Pain Management (Sip’em).
 - *Comprehensive, integrative pain management includes biomedical, psychosocial, complementary health, and spiritual care. It is person-centered and focuses on maximizing function and wellness. Care plans are developed through a shared decision-making model that reflects the available evidence regarding optimal clinical practice and the person’s goals and values.*
- So, we don’t realign joints, melt fascia, tone nerves (esp the Vagus!), tell scary pain stories, and most of all, act as though we are the healer of another’s pain.
- We’re about “self-care”, “long term management/self-regulation”, “quadruple aim”, “addressing suffering Sutra 2.16”, “disadvantaged and disparity of care”, “spiritual care [it’s ok now to say spiritual]”, and, “creating bright spots”.

Refinement of Yoga Therapy & Yogopathy...slippery!

- What’s the difference?
- Can we do both?
- Is one bad?
- See YTT Summer issue 2019.

The Paradox of Pain Care: Camel’s Nose vs Whole Enchilada

- Pain and suffering are complex, emergent phenomenon that we don’t fully understand.
- Its sources and its experiences are not confined to inside the skin/skull of an individual.
- Anyone selling anything else should be suspect.
- You can harm and hinder or you can support and assist...but it should be a conscious choice made by you.
- The Camel’s Nose vs Whole Enchilada: ...this whole professional development is a process so patience is the key.

The Old Stuff is Actually Ahead of the New Stuff

- “Wisdom is deep accurate insight and understanding of oneself and the central existential issues of life, plus skillful benevolent responsiveness.” (Walsh, 2015, p.282)
- Or, yoga.

What's Your Experience with Pain?

- See wisdom definition. It begins with you. Take a few minutes and examine “you” and “pain.” Any biases or stories that need updating? How do they affect how you sit with others who have pain? Is there anything you can or will change?

Helping or Hindering Chart

- Let's build one...

Helps	Hinders

Building Your Practice with Pain Literacy (we aren't competing)

- What are your pain strengths?
- What are your pain vulnerabilities?
- What is your role in being with others in pain?
- Who is your “competition” at home?

- Knowing what you know now, how can you become non-threatening, interprofessional allies?
- Do you need to change any of your client information/marketing?
- What/who is your ideal client?
- Does pain scare you?
- Name 3 contributing factors to your clients' pain you hadn't considered addressing before today?
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Making a Pain Plan for Home

Upon returning home...or maybe even while I'm still here... I will:

Action?	Completed by when?	How will I know I did?

Resources:

1. Lee, M., Huntoon, E. A., & Sinaki, M. (2019). Soft tissue and bony injuries attributed to the practice of yoga: A biomechanical analysis and implications for management. *Mayo Clinic Proceedings*, 94(3), 424–431. Retrieved from [https://www.mayoclinicproceedings.org/article/S0025-6196\(18\)30940-6/pdf?fbclid=IwAR0cSBnH_aXlrBBuiW5MQ6Muw9-rZA_f5fAfWwkfpn5OIT9_VSfteVjsh8s](https://www.mayoclinicproceedings.org/article/S0025-6196(18)30940-6/pdf?fbclid=IwAR0cSBnH_aXlrBBuiW5MQ6Muw9-rZA_f5fAfWwkfpn5OIT9_VSfteVjsh8s)
2. Bhavanani, A., Sullivan, M., Taylor, M.J., Wheeler, A. Shared Foundations for Practice: The Language of Yoga Therapy, YTT Summer 2019, In press.
3. Pearson, N., Prosko, S., Sullivan, M., Taylor, M.J. White Paper on Pain: In Press. 2019.
4. Walsh, R. (2015) “What is wisdom? Cross-cultural and cross-disciplinary syntheses.” *Review of General Psychology* 19, 278–293.
5. Boston Pain Congress Resources <https://smartsafeyoga.com/wp-content/uploads/Pain.pdf> .