

## Patient Resources for Education and Support

### Chronic Pain Support Groups

Participation in a chronic pain support group can be very beneficial. They are typically offered in the community through local hospitals or churches, and are sometimes listed in the local section of the newspaper. Support groups can also be found online through Psychology Today (<https://www.psychologytoday.com/us/groups>). Just enter your city or zip code, then select chronic pain under the “issues” tab.

### Online and App-based Information

For information on the biopsychosocial approach to managing chronic pain, check out the Curable app at <https://www.curablehealth.com/>. There’s also a wealth of information on patient-friendly and positively-focused websites such as the U.S. Pain Foundation (<https://uspainfoundation.org/>) and their website specifically for support (<https://painconnection.org/support-groups/>) Also see the interactive tools at [www.painaction.com](http://www.painaction.com). For specific pain or medical conditions, see <https://www.painaction.com/resources/> or visit the following websites for additional information:

Arthritis Pain

[www.painaction.com](http://www.painaction.com)

Back/Spine Pain

[www.painaction.com](http://www.painaction.com)  
[www.spineuniverse.com](http://www.spineuniverse.com)  
[www.spine-health.com](http://www.spine-health.com)

Endometriosis

[www.endometriosisassn.org](http://www.endometriosisassn.org)

Fibromyalgia

<https://www.fmaware.org/>

Headache/Migraines

[www.painaction.com](http://www.painaction.com)  
<https://headaches.org/resource-cat/headache-tools/>

Cancer Pain

[www.painaction.com](http://www.painaction.com)

Complex Regional Pain Syndrome (CRPS, formerly known as RSD)

[rds.org](http://rds.org)

COVID-19 and Post/Long COVID

<https://www.survivorcorps.com/>

Interstitial Cystitis

[www.ic-network.com/](http://www.ic-network.com/)

Multiple Sclerosis

[www.nationalmssociety.org](http://www.nationalmssociety.org)

Neuropathic Pain

[www.painaction.com](http://www.painaction.com)

Orthopedic Disorders/Pain (e.g., shoulder, hip, hand, elbow, wrist, foot, ankle, knee, etc.)

<https://eorthopod.com/>

Traumatic Brain Injury

[www.biacolorado.org](http://www.biacolorado.org)  
[www.cdc.gov/TraumaticBrainInjury/](http://www.cdc.gov/TraumaticBrainInjury/)

For information on **biofeedback** including research on efficacy, disorders it treats, etc. see: [www.aapb.org](http://www.aapb.org)

To locate a certified biofeedback clinician in your area, go to [www.bcia.org](http://www.bcia.org) and click on “Find a Practitioner”.

For information pertaining to **mental health issues** (e.g., anxiety, depression, bipolar disorder, how to get psychological help, etc.), see the National Alliance on Mental Illness website at [www.nami.org](http://www.nami.org) or for local resources including support groups, [www.namicolorado.org](http://www.namicolorado.org).

For information on the **Colorado Workers’ Compensation** system, see:

<https://cdle.colorado.gov/dwc/injured-workers>. Scroll down towards the bottom, and you’ll find the links to the Employee’s Guide and Claimant Brochure, each of which have helpful information.

## Recommended Books, CDs, Apps, etc.

### Anxiety

The Anxiety & Phobia Workbook, Fourth Edition by Edmund Bourne.

An End to Panic: Breakthrough Techniques for Overcoming Panic Disorder by Elke Zuercher-White.

The Anxiety Cure by Archibald D. Hart\*.

### Work/Life Balance

The Power of Full Engagement by Jim Loehr and Tony Schwartz.

Inner Peace for Busy Women: Balancing Work, Family, & Your Inner Life by Joan Borysenko.

### Cardiac Health

The Emotional Wellness Way To Cardiac Health: How Letting Go Of Depression, Anxiety & Anger Can Heal Your Heart by Arthur Nezu, Christine Nezu, and Diwakar Jain.

Mayo Clinic Wellness Solutions for Heart Health (DVD - 2008) by Brent Bauer and Bijoy Khandheria.

### Chronic Pain

Explain Pain by David S. Butler and G. Lorimer Moseley.

The Pain Survival Guide: How to Reclaim Your Life by Dennis C. Turk and Frits Winter.

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness by Jon Kabat-Zinn.

Change The Channel On Pain by Emmett Miller, MD (CD/MP3 available at [www.drmler.com](http://www.drmler.com)).

Mindfulness Meditation for Pain Relief by Jon Kabat-Zinn (CD/MP3 available at [www.soundstrue.com](http://www.soundstrue.com)).

Dr. Rachel Zoffness has an excellent podcast on the biopsychosocial model of chronic pain (<https://www.jordanharbinger.com/rachel-zoffness-managing-pain-in-your-body-and-brain/>), as well as a wealth of resources (i.e., videos, articles, etc.) on her website at <https://www.zoffness.com/resources>.

### Depression

Mind Over Mood: Change How You Feel by Changing the Way You Think by Dennis Greenberger and Christine Padesky.

Unmasking Male Depression by Archibald D. Hart\*.

### Fibromyalgia

Mayo Clinic Wellness Solutions for Fibromyalgia (DVD - 2008) by Brent Bauer, Rodney Yee, and Jeffrey Thompson.

### Health Anxiety

It's Not All In Your Head: How Worrying about Your Health Could be Making You Sick by Gordon Asmundson and Steven Taylor.

### Insomnia

Mayo Clinic Wellness Solutions for Insomnia (DVD - 2008) by Irvin Cohen, Rodney Yee, and Brent Bauer.

Easing Into Sleep (audio CD) by Emmett Miller, MD (CD/MP3 available at [www.drmler.com](http://www.drmler.com).)

### Self-Compassion

Dr. Kristen Neff has lot of info, guided meditations, etc. at <https://self-compassion.org/>. Additional guided meditations can be found at: <https://chrisgermer.com/meditations/> <http://centerformsc.org/practice-msc/guided-meditations-and-exercises/>.

### Stress Management

Adrenaline and Stress: The Exciting New Breakthrough That Helps You Overcome Stress Damage by Archibald Hart.

The Relaxation & Stress Reduction Workbook by Martha Davis, Matthew McKay, and Elizabeth Robbins Eshelman.

Letting Go Of Stress and Ten-Minute Stress Manager by Emmett Miller, MD (CD/MP3 available at [www.drmler.com](http://www.drmler.com)).

I also STRONGLY recommend use of the HeartRate+ Coherence app: <https://heartrateplus.com/>.