



## Summary

Item	Notes
<p><b>Importance of Acceptance :</b></p> <ul style="list-style-type: none"> <li>• the fundamental component that determines our emotional response to living with chronic illness.</li> <li>• The biggest influence on the long term outcomes of how we learn to live with chronic pain.</li> </ul>	
<p><b>Why Psychology??</b>            Helping people adjust to living with pain that can be a 24/7 job is a major stressor in life and dealing with it is difficult and takes a huge emotional toll.</p> <p>80% of all visits to doctors is about pain            40% end up with persistent pain where traditional treatments don't work.</p> <p><i>"Dirty little Secret"</i>  <i>Trying to treat pain can sometimes make your health care provider feel frustrated, angry, anxious, depressed or defeated.</i>  <i>Leads to person living with pain to hearing " There is nothing more I can do so you will need to learn to live with it"</i></p> <p>The realty is that medical science has very few answers yet.</p>	
<p><b>Research</b> says the process of acceptance is learning to live with it and defines it as the following</p> <ol style="list-style-type: none"> <li>1. Pain willingness - Recognizing it may not go away and making peace with that.</li> <li>2. Activity engagement - Living life despite having pain.</li> </ol>	
<p><b>Patients</b> say that hearing this definition makes them feel:</p> <ol style="list-style-type: none"> <li>1. Like giving up</li> <li>2. There is no hope</li> </ol>	
<p><b>Better words are :</b></p> <ol style="list-style-type: none"> <li>1. Learning to cope.</li> <li>2. Dealing with pain.</li> <li>3. Come to terms</li> </ol>	
<p><b>Acceptance is Not :</b></p> <ol style="list-style-type: none"> <li>1. A decision or belief</li> <li>2. Not "all or nothing"</li> </ol>	



Item	Notes
<p><b>Acceptance is:</b></p> <ol style="list-style-type: none"> <li>1. Long complicated process that has ebbs and flows, fluctuates and gradually improves over time</li> <li>2. Series of realizations and life style choices</li> </ol>	
<p><b>How do we get people there faster?</b>  <b>Redefinition of Normal</b>  <b>Losses</b></p> <ul style="list-style-type: none"> <li>• There are losses that occur which equal emotional turmoil</li> <li>• It feels like the loss of someone who has died</li> <li>• There must be acknowledgement of these losses before adjustments can be made.</li> </ul>	
<p><b>Personal Identity</b>            What it is that makes the person feel important and brings meaning and purpose to their life.</p>	
<p><b>Activities and roles</b>            All the activities and roles including the priority that the person assigns to each</p>	
<p><b>Loss of Roles</b>            These losses and changes can lead to major emotional turmoil</p>	
<p><b>Emotional Turmoil</b></p> <ul style="list-style-type: none"> <li>• Disbelief</li> <li>• Grief</li> <li>• Guilt</li> <li>• Anxiety</li> <li>• Anger and irritability</li> <li>• Depression</li> </ul>	

**Strategies to Reduce Emotional Distress**

Roles	Pre-pain	Currently
Family	1	3
Work	2	1
Volunteer	6	
Hobbies	5	
Friends	4	
Household	3	2



## Process of Acceptance, by Dr. Diane LaChapelle

Item	Notes
<p><b>identifying losses and Role Changes.</b></p> <ul style="list-style-type: none"> <li>• Priorities change and some roles or priorities are dropped.</li> <li>• Not a conscious decision but an unconscious shift</li> </ul>	
<p><b>Work through emotions</b></p> <ol style="list-style-type: none"> <li>1. Let them out:           <ul style="list-style-type: none"> <li>• Feel them</li> <li>• Process them and express them.</li> <li>• Crying is healing</li> </ul> </li> <li>2. Mourn and Grieve</li> <li>3. Identify new Priorities and Core Values ( what is the most important to you)</li> <li>4. Take Responsibilities for making new Changes           <ul style="list-style-type: none"> <li>• Where do you put your limited time and energy</li> </ul> </li> <li>5. Change can Fluctuate</li> </ol>	

Roles	Pre-pain	Currently	New normal
Family	1	3	
Work	2	1	
Volunteer	6		
Hobbies	5		
Friends	4		
Household	3	2	



Item	Notes
<p><b>Building a new normal</b></p> <ol style="list-style-type: none"><li>1. Bring focus to today</li><li>2. Practice Mindfulness</li><li>3. Gratitude Journal</li><li>4. Evaluate success on your new normal</li><li>5. Involve family<ul style="list-style-type: none"><li>• Family goes through own process of acceptance</li><li>• Redefine family roles</li><li>• Education for families about the illness and what to expect</li></ul></li></ol>	
<p><b>When you can't do this alone</b></p> <p>Upheavals are normal and temporary anxiety and depression are normal. It is usually brief and can come and go but occasionally people get stuck.</p> <p>If you get "stuck" seek help early. This is a big change with many difficult emotions. Many people living with pain and those who care about them need help to make these changes</p>	
<p><b>Helpful Books.</b></p> <ol style="list-style-type: none"><li>1. Jon Kabat -Zinn, Full Catastrophe Living</li><li>2. Joanne Dahl and Tobias Lundgren, Living Beyond your Pain</li><li>3. Jackie Gardner-Nix, Mindfulness Solution to Pain</li></ol>	