

COACH-FARRAH



**PAIN &
THE BRAIN**
Roadmap to Resources



INTRODUCTION

I'm Farrah, and I've experienced the challenges of chronic pain firsthand.

After countless doctor visits, several trips to the ER, and multiple X-rays and MRIs, I was feeling completely hopeless, and nobody was offering me any real solutions.

I knew something had to change. I decided to take a more active role in my healing journey, which began by educating myself on the latest science on the role our brains play in chronic pain. What I discovered was a total game-changer, physically and mentally.

Through extensive research on leading brain science experts, I gained a profound insight - our thoughts, emotions, and neural pathways can either amplify pain or alleviate it. This served as a catalyst to embrace lifestyle changes and a fresh mindset focused on actively managing my pain. Implementing these changes empowered me to take control of my health. The difference was remarkable.

I progressed from a point where I couldn't bend my knee or drive for months to being able to perform everyday activities like sitting at my desk for long periods, driving myself to meetings across the city, and sharing meals with friends and family. While these may seem simple to most, those enduring chronic pain understand the immense challenges they present. I am not pain-free, but the insights I gained studying the brain-body connection have transformed my life.

My mission now is to share these resources and perspectives with others suffering from chronic pain, helping them restore their hope and improve their quality of life.

Wishing you health, happiness, and a pain-free future.

Farrah Smith

Science & Pain Management



A New Approach to Pain Management

Education about pain is a medically recognized form of treatment called "Therapeutic Neuroscience Education." Extensive research demonstrates its association with decreased symptoms, improved function, reduced fear, improved mobility, and a calmer nervous system.



New Medical Science

In recent decades, the medical world has come to understand that physical damage is one of the many factors that influence pain. Today, scientists view Pain through a "bio/psycho/social lens." Pain is viewed as a multi-dimensional, dynamic interaction among physical, psychological, and social factors that reciprocally influence each other.

Understanding that Pain originates in the brain, not the body, is critical to understanding your chronic pain symptoms might not be due to a structural issue but psychophysiological processes that can be reversed. This is known as neuroplastic pain.

BRAIN FACTS *To Google*

Pain is an opinion. Not a fact.

Your brain determines how much pain you should be experiencing at that moment for your survival. That opinion does not always reflect reality.



- Neuroscience is the study of the nervous system, including the brain, spinal cord, and nerves. Understanding how the brain works and develops provides key insights into your pain symptoms.
- Neuroscientists have proved that mindfulness increases feelings of safety by deactivating the brain's fear circuits. This disrupts the pain-fear cycle and helps your brain interpret signals properly.
- Pain Reprocessing Therapy (PRT) represents a groundbreaking approach aimed at eradicating chronic pain rather than merely managing discomfort through traditional methods like surgeries, physiotherapy, or opioid usage.
- Pain Reprocessing Therapists can guide you through exercises to retrain your brain's pathways, unraveling pain's complex web and restoring hope. A central component of PRT is Somatic Tracking, which effectively communicates messages of safety to the brain. With the right psychological support and tools, profound healing is within reach.
- Combining psychology, neuroscience, and mindfulness empowers those with chronic pain to take control of their healing journey.

LEADERS *in the field*

*Top Pain (Mind/Body)
Specialists to Research...*

DR. JOHN SARNO

Dr. John Sarno is one of the early pioneers of mind-body medicine. His seminal books, *Healing Back Pain* and *The Mind-body Prescription* are essential readings for understanding the medical and scientific foundations of mind-body disorders and chronic pain conditions. Dr. Sarno created the TMS Wiki, a wonderful resource with recovery programs and listings of specialists who treat mind-body pain issues. (www.tmswiki.org)

DR. HOWARD SCHUBINER

Dr. Howard Schubiner, protege of Dr. John Sarno, is the founder and director of the Mind-Body Medicine Center at Providence-Providence Park Hospital. Through his book *Unlearn Your Pain* and documentary *This Might Hurt*, Dr. Schubiner shares the innovative program he developed to help patients relieve chronic pain. (www.unlearnyourpain.com)

ALAN GORDON

Alan Gordon recovered his health through pain reprocessing techniques. His book *The Way Out* validates his Pain Reprocessing Therapy (PRT) using neuroplasticity and psychology to retrain the brain, with a study showing 66% of patients becoming pain-free. Gordon developed PRT to essentially rewire the brain to stop creating chronic pain. (www.painpsychologycenter.com)

DR. LORIMER MOSELEY

Dr. Lorimer Moseley, Professor of Clinical Neuroscience, investigates the brain and mind's role in chronic pain through his research group *Body in Mind*. His acclaimed TEDx talk *Why Things Hurt* has over 1 million views. With over 25 years of experience, he has authored best-selling books and hundreds of articles. (bodyinmind.com.au)

DR. JOE DISPENZA

Dr. Joe Dispenza, a renowned neuroscientist, shares his pioneering work on using neuroplasticity and emotions to overcome pain. His pioneering work has inspired countless individuals to harness the power of their thoughts and emotions to overcome pain, optimize their behavior, and achieve profound personal growth. His books, lectures, and workshops make the science of transformation accessible. (www.drjoedispenza.com)

Top Three

MIND-BODY PAIN APPS

CURABLE

Curable is an innovative mobile application designed to empower individuals dealing with chronic pain. Offering a wealth of valuable educational resources, this app provides users with a comprehensive toolkit for self-improvement. It features a wide array of evidence-based practices, including meditation, breathwork exercises, and journaling techniques, all aimed at facilitating emotional expression and fostering a sense of well-being. Curable also invites users to join group programs, where they can embark on their healing journey alongside others facing similar challenges. With the added support of clinical psychologists, Curable is a trusted companion on the path to managing and alleviating chronic pain.

LIN

Lin is an emerging mobile application tailored to the unique needs of individuals in the United States dealing with chronic pain. One of its standout features is its personalized approach, connecting users with dedicated coaches who guide them through a structured recovery program. This one-on-one support ensures a customized experience, enhancing the user's journey to pain management.

PATHWAYS

Pathways is a mobile application that aligns with the biopsychosocial model for addressing chronic pain. While personal experience with the app may vary, its approach is in harmony with the latest and most effective methodologies for healing and recovering from chronic pain. Pathways offers a platform worth exploring for those seeking a holistic approach to managing their chronic pain condition.

YOUTUBE

Resources

- **TEDxAdelaide - Lorimer Moseley**
Why Things Hurt | 1.2M Views
- **Dr. Dispenza**
Interview with Lewis Howes 2023
& Maria Menounos 2022
- **ZHealthPerformance**
Understand Pain Neuroscience in 30 Minutes
- **The Mind Body Org**
Changing Your Mind: Chronic Pain and The Brain

Before we wrap up, *a quick disclaimer*

I trust that this guide has served as a valuable initial step for those on the journey to comprehend the intricate relationship between the mind and body in the realm of chronic pain management. Although the road ahead may still present its challenges, arming ourselves with knowledge unveils fresh avenues of possibility.

I sincerely hope that the insights and resources shared within these pages empower you to reclaim and enrich your quality of life. May you find renewed hope, profound healing, and the promise of brighter days ahead!



 *Farrah Smith*

LEGAL DISCLAIMER

Important Disclaimer: This Guide is not meant to serve as medical advice for medical conditions or guidance regarding treatment needs. Remember that the best source of information about one's health and treatment needs is through open dialogue with a qualified healthcare professional. I am not a medical professional, and the information I provide is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.