



Defense Health Agency (DHA) Clinical Communities Speaker Series

OCT 2023 CCSS: Collaborative Best Practices in Military Health Care

S04: Psychologically Informed Pain Self-Management Competencies for Providers: Perspectives from the National Institutes of Health-Department of Defense-U.S. Department of Veterans Affairs (NIH-DOD-VA) Pain Management Collaboratory

Resource List

Psychological research on factors that contribute to a person's experience with pain is an important part of developing new evidence-based treatments and informing provider-patient interactions. Neuroscience research lays the groundwork for new evidence-based treatments; therefore, psychologists can train master's-level clinicians to deliver pain treatment psychotherapies. The American Psychological Association published, [Patients Turn to Psychologists for new Chronic Pain Strategies in the COVID-19 Era, \(APA, 2022\)](#). This article describes how psychologists, social workers, mental health counselors, and doctoral students deliver therapeutic interventions to patients referred by addiction or primary-care providers. Additionally, this article focuses on the use of Acceptance and Commitment Therapy (ACT) and Cognitive Behavioral Therapy (CBT) principles, incorporates the use of psychoeducation, values clarification, and goal setting, along with lessons on how to talk to patients about pain.

Pain is a leading cause of disability globally. The dramatic increase in opioid prescriptions within the past decade in the United States has contributed to the opioid epidemic the country currently faces, magnifying the need for longer term solutions to treat pain. The substantial burden of pain and the ongoing opioid crisis have attracted increased attention in medical and public policy communities, resulting in a revolution in thinking about how pain is managed. In an effort to discuss longer term solutions to this problem the National Academies of Sciences, Engineering and Medicine hosted, [The Role of Non-pharmacological Approaches to Pain Management: A Workshop, \(NASEM, 2019\)](#). This workshop served as an arena for a new way to think and approach pain management. This new thinking acknowledged the complexity and biopsychosocial nature of the pain experience and the need for multifaceted pain management approaches with both pharmacological and non-pharmacological therapies.

The [Opioid-Overdose Reduction Continuum of Care Approach \(ORCCA\) Practice Guide, \(SAMHSA, 2023\)](#) was developed for the SAMHSA Technology Transfer Centers (TTC) program and other providers of technical assistance as a resource for individuals working to end the opioid crisis. These individuals include community coalition members, professional treatment providers, recovery support specialists, people with lived experience, policymakers, recovery program administrators, and many others working to prevent, treat, and support recovery from substance use disorders. This guide is particularly designed for individuals at the front lines of the opioid response.

The purpose of the [Guidelines on the Management of Chronic Pain in Children, \(WHO, 2020\)](#) are to assist WHO Member States and their partners in developing and implementing national and local policies, regulations, pain management protocols and best practices. The recommendations were formulated by the Guideline Development Group, consisting of individuals with diverse expertise and experiences and with global representation. It will help countries balance concerns about ensuring access to appropriate therapies for pain relief with the harms arising from misuse of medications and other potential adverse effects of interventions for pain management.



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References

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