



# NeuroNova Centre

June 2015-06-09: Information for Referring Agencies:

The Mindfulness-Based Chronic Pain Management (MBCPM™) Course is now in its 14th year. Participants learn the essential practice of mindfulness and formal meditation. To help participants integrate mindfulness practice into their every-day lives they work through concepts of non-judging (very much related to pain exacerbations), patience, trust, non-striving, acceptance and beginner's mind. For homework, they experience doing tasks mindfully, such as activities of daily living: eating, exercise/ movement, and sleep. Throughout the course, participants are exposed to various lengths and types of meditation, including sitting, lying down, walking, and movement meditations and are also encouraged to use alternative positions to meditate to accommodate their physical pain conditions. There are visualization meditations such as nature meditations, and guided imagery to reduce pain. A meditation called the Body Scan allows them to reconnect with neglected parts of the body, subconsciously shunned by the mind due to malfunction/pain. A sleep CD is available without the meditation bells, and has been well received, with feedback suggesting reduced sleep medication usage. Where classes are run by MDs they may also discuss the effects, adverse and positive, of medications used for pain, sleep and depression. The goal is to correlate life events and life-style with pain exacerbations, and improve quality of life.

**Outcomes:** Expected outcomes include a reframing of the pain experience to be less intrusive and disabling. Stress resilience may also increase. Research on this course has shown pain catastrophizing constructs, known to be correlated directly with disability, decrease, mental wellbeing increases and suffering decreases, all significantly. Participants have reported a range of benefits: reduced or no pain; improved sleep; improved relationships or better boundaries with relationships; increased happiness; reduced medication needs; (including those for hypertension, depression, anxiety and sleep); improved productivity at home or at work; and fewer days lost to illness. Return to work, even after more than 2 years of absence, has been reported by up to 20% of non-retired participants of our courses. Elsewhere, research has shown many other benefits of Mindfulness practice, including improving working memory.

**Additional Alumni Courses** ([www.neuronovacentre.com](http://www.neuronovacentre.com)) People who have completed MBCPM™ Level 1 classes are welcome to return for a Level 2, 13 week, revision course, where available, that helps them to invest in their ongoing mental and physical health with continuing practice of mindfulness meditation. A Level 3 course: Emotional Skills, is also offered by some facilitators, and a level 4 course: Lumina Spark, can be available in certain locations. A Maintenance “drop in” MBCPM™ class is available in certain areas.

**Helping Your Patient to Succeed:** As a life-style practice, we recommend that chronic pain sufferers meditate for at least 20 minutes, at least 5 days a week. However alumni have done well even practicing formal meditation for 10 minutes, daily. We encourage you to ask how their mindfulness practice and meditation is going, and to urge them to continue with their practice—there is a loss of benefit if not formally meditating daily. In follow up, we find that, without the structure of the class, some past participants fall out of practice. Where a maintenance class is available, it is useful to encourage them to use it weekly or as a “drop-in” if they can, and to repeat courses when they are open to doing so. Some participants are open to going on retreats such as those offered in Ontario by True North Insight: [www.truenorthinsight.org](http://www.truenorthinsight.org).