

Frontiers in Pain Management

19th Annual Meeting of the Alliance of State Pain Initiatives



Concurrent Workshop C2

Saturday, November 1, 2008

9:15 am - 10:30 am

Compassionate Presence: Mindfulness Practice and Pain

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Conventional treatments based on a medical model that focus on curing are often less appropriate for chronic illness and pain. Newer models of care, including palliative care and complementary and alternative medicine, are becoming an important option for symptomatic treatment. One modality that has been found especially helpful in addressing chronic illness, stress, and pain is mindfulness practice. Mindfulness provides tools to practice the radically different, yet increasingly accepted, idea of “living with” or embracing “what is” as a means to alleviate suffering. Significant research is now demonstrating the efficacy that practitioners have anecdotally reported for years, showing significant symptom reductions in a variety of chronic illnesses.

At the conclusion of the session, participants should be able to:

- recall the basic components of Mindfulness-Based Stress Reduction
- identify 3 complementary and alternative interventions for pain
- understand 3 benefits of complementary and alternative medicine