

# Exposing the ILLusion of Pain

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# Pain is an illusion

- ◆ Exposure pulls the curtain back and reveals this illusion



# Acceptance/Exposure

## ◆ Aim:

- ◆ Gain new, helpful perspective on pain experience
- ◆ Discriminate Pain sensation/pain resistance
- ◆ See relational frames of 'pain' experience
- ◆ Increase willingness to experience 'pain'
- ◆ Discriminate avoid/approaching pain







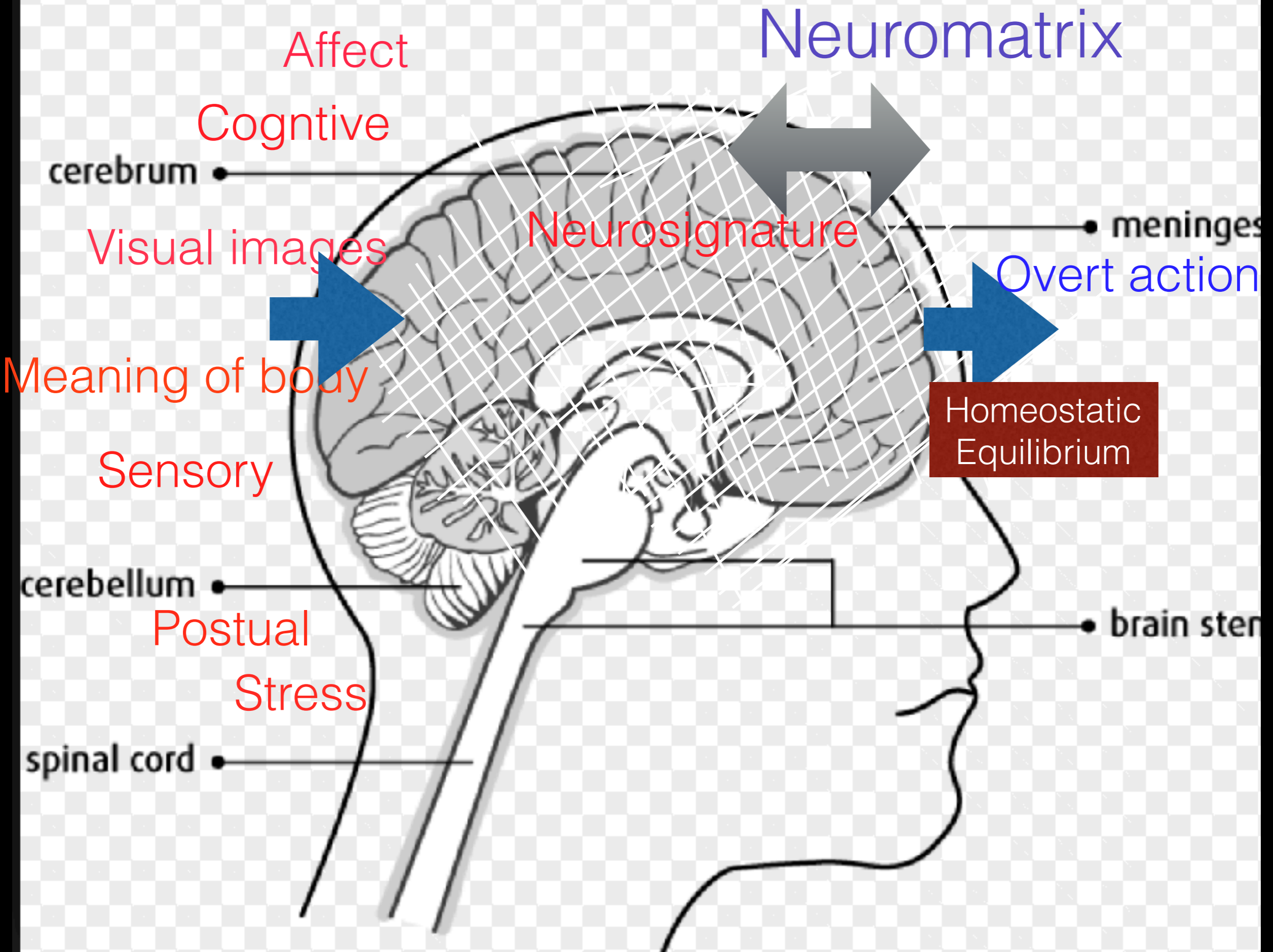


# Pain=tissue damage

Quality of pain experience is inherent in peripheral nerve fibers



# The Central Nervous System







**Making predictions based on the past**

**Guessing outcomes**

**Warning for and exaggerating danger**







**Fills in the blanks**

Neurosignature

**Makes up Rules**

**Creates a story**



# Function of pain

Not correlated with damaged tissue  
But to protect you possible danger





Neurosignature easily becomes OVERPROTECTIVE



Awareness of  
output

Calculation of appropriate  
action

**Danger can be associated with ANYTHING**

**Better to be safe than sorry**





# Dictate Overt Action

# AVOID

help i ac

help i accidentally build a shelf

help i accidentally restored my iphone

help i accidentally set my dog on fire

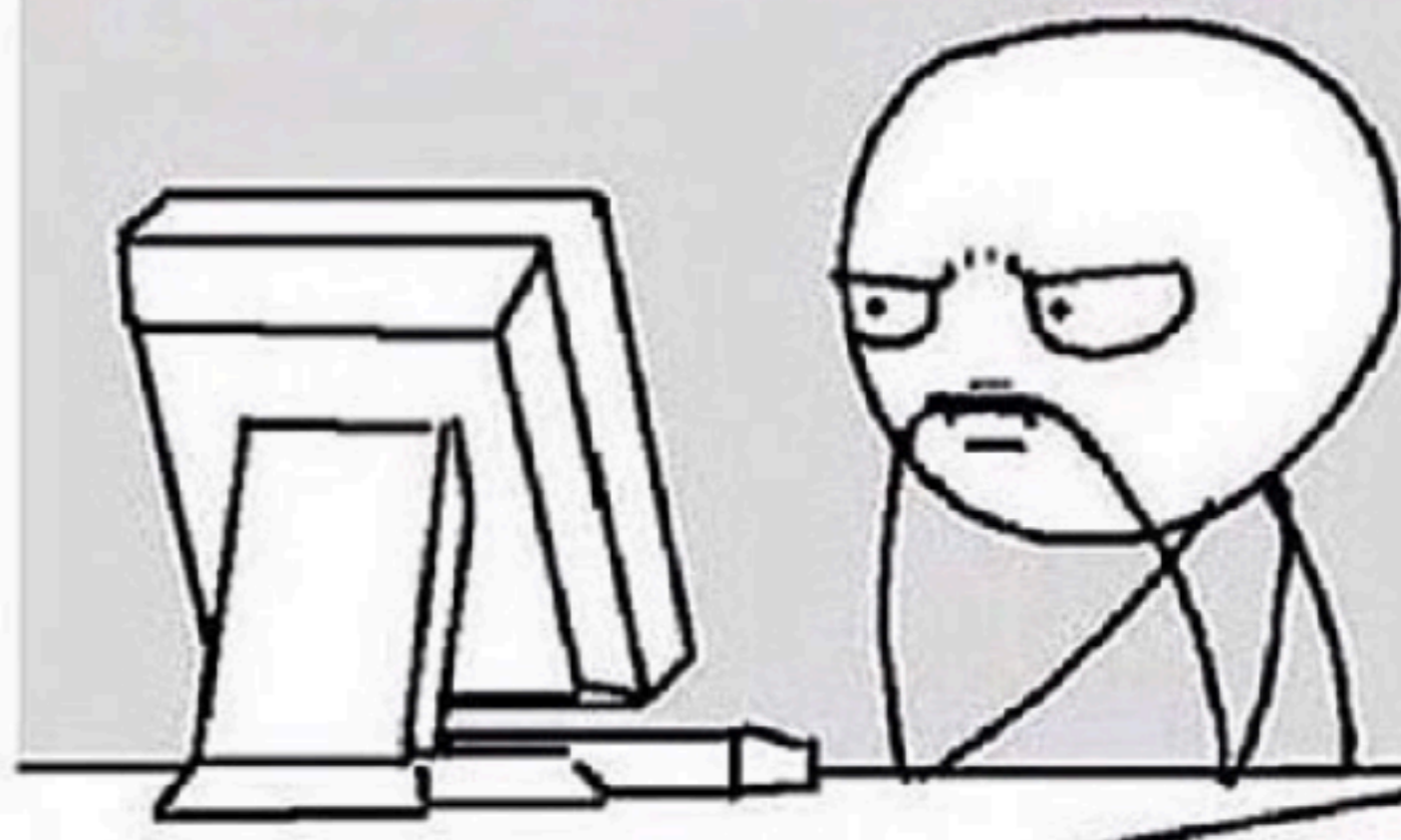
help i accidentally deleted recycle bin

help i accidentally ate gluten

help i accidentally deleted my recycle bin

help i accidentally uninstalled internet explorer

Come on, I need answers...



# Pain behavior





# Pain and stress

- When we respond to an experience as threatening or dangerous to the body we disrupt the brain's homeostatic regulation system, thereby producing 'stress' and initiating complex programs to reinstate homeostasis.

# Pain Protocol

- Self Compassion: open
- Acceptance: exposure of pain (awareness of the difference pain sensation and reaction to pain, learning new ways of relating to pain)
- Life line: applying skills/principles in life: transferring function, generalising.









# Society of Clinical Psychology

*American Psychological Association, Division 12*

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## Acceptance and Commitment Therapy for Chronic Pain

Status: Strong Research Support

[What does this mean?](#)

[Description](#)



# Evaluation of an Acceptance based Self-Help manual



# E-Course for ACT for Chronic Pain

JoAnne Dahl and Joe Tatta  
Sign up here

<https://www.integrativepainscienceinstitute.com/ACT>