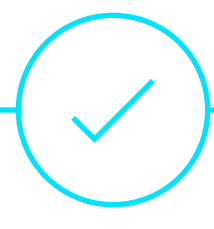


What is Acceptance and Commitment Therapy for Chronic Pain?

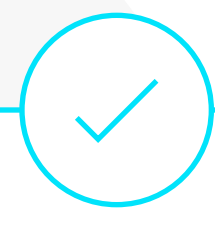
Acceptance and Commitment Therapy (ACT) is a cognitive behavioral intervention that uses acceptance and mindfulness strategies, together with commitment and behavior change strategies, to increase psychological flexibility.



Psychological flexibility helps you develop the skills to adapt and overcome pain while building the resiliency to live a rich, full, and active life.



ACT is a well-established, highly effective and lasting treatment used to treat a wide range of chronic pain conditions. Studies on ACT for pain include 55+ randomized controlled trials and is part of more than 16 meta-analyses and systematic reviews.



ACT for pain has been designated as having "strong research support" from the American Psychological Association, World Health Organization, Substance Abuse and Mental Health Service Administration, and the National Institute for Health and Care Excellence.

ACT is collaborative, cost effective and patient centered approach to pain care.

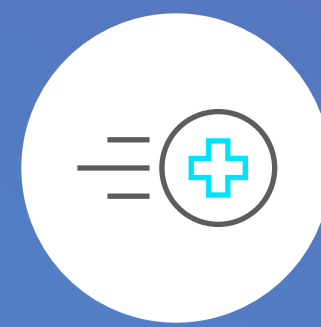
It can be delivered in...



Single sessions



Group treatment



Brief interventions



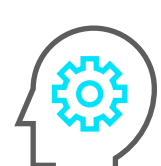
Long interventions



Utilized by a mental health & physical medicine professionals

How ACT Works

ACT cultivates 6 positive psychological processes:



Willingness

Opening up to difficult inner experiences



Defusion

Distancing from thoughts and emotions



Present Moment Awareness

Directing attention to the present



Self as context

A perspective of self larger than pain



Values

Identification of personal values



Committed Action

Commitment to achieve goals in line with personal values

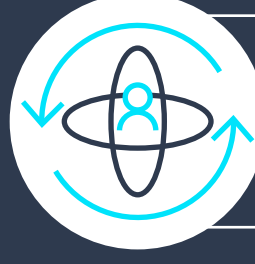
How ACT Helps

Most chronic pain conditions are not caused by an acute or recent injury and persist beyond expected healing.

Chronic or long-term pain is caused by a sensitized nervous system. This amplifies pain and interferes with movement, activities, and living.

ACT helps people see the difference between "hurt" and "harm" and to learn a counterintuitive approach of being open, aware, and engaged.

ACT is an active process to:



Restore movement



Reengage with activity



Reconnect to living life

ACT treats how pain interferes with daily functioning, particularly around areas deeply personal and important to the individual.

This is achieved through experiential exercises, metaphors, mindfulness, and values-inspired action.

You return to who and what is most important.

Number Needed to Treat (NNT) for Fibromyalgia

The term number needed to treat (NNT) refers to the number of patients with a given condition that would need to be treated to achieve pain relief. This is a useful measure because it directly compares the efficacy of different interventions for pain.



ACT
2:1



DULOXETINE
6:1



PREGABALIN
6:1



SODIUM OXYBATE
7:1



GABAPENTIN
6:1



ANTIDEPRESSANTS
7:1



Myth

It is just a version of mindfulness.

It ignores or doesn't treat pain.

CBT is better than or more effective than ACT.



Facts

ACT includes much more than mindfulness and arises from behaviorism, mindfulness does not.

ACT aims to change a person's relationship with pain in situations where past attempts to alleviate pain have not been successful.

Most studies show that ACT is comparable to and sometimes more acceptable than CBT for people living with pain.



Ask Your Provider If ACT is Right for You.

Find a therapist and learn more about ACT from

www.contextualscience.org