

# The Pain Workshop

## Structure, Values, & Principles



### 6:00 - Welcome / Connection

- Casual opening of the space and welcoming everyone

### 6:10 - Begin

- Short intro of the intention of this space.
- Speaking to the structure, values, and principles.

### 6:15 - Check-In

- In a large group, stating:
  - Your name.
  - 3 things you feel in your body without using the word *pain*.
  - Your intention for the workshop, why you came, or what you hope to get out of it.

### 6:20 - Introduction of Concept/Focus

- Each workshop will have a specific concept or focus related to pain or the body.

### 6:25 - Practices

- Performance of practices designed to facilitate direct experience of the concept/focus.
- Practices may include breath, mindfulness, and/or movement.

### 7:15 - Group Reflections/Shares

- Returning to the large group.
- Opening of the space for 10 minutes of group sharing with the intention of collective learning.
- Remember the **3 Agreements of the Space** when reflecting/sharing.

### 7:25 - Check-Out

- Your name.
- 3 things you feel in your body without using the word *pain*.
- One thing you learned.

### 7:30 - Conclusion

- Taking a moment to honor ourselves for showing up and engaging in this process of learning, growth, and healing.

## Values of This Workshop

### 1. Safety

Safety is the foundation of this workshop. You are in control during every activity. You can feel free to stop, pause, change, or modify anything at any time.

### 2. Curiosity

We are here to **learn** about pain, our bodies, and ourselves. An attitude of curiosity is essential in the learning process.

### 3. Exploration/Experimentation

Exploration and Experimentation are at the intersection of curiosity and action. This workshop is about learning through doing, feeling, and experiencing.

### 4. Compassion

We must have compassion for ourselves in order to fully heal. Showing up to this workshop is in itself an act of self-compassion.

## 3 Principles of Pain:

### 1. Pain is always multifactorial

We are focusing on but one factor related to pain at a time. Remember that a complete approach to pain care involves working with a combination of multiple relevant factors.

### 2. Our mind-body is always adapting/changing

Our mind-body is in a constant state of change and adaptation. One purpose of this workshop is to influence that change in a positive direction.

### 3. The body is always seeking healing & balance

Learning to listen to the messages that our bodies are constantly giving us is an essential part of working with pain and ultimately healing.

## 3 Agreements of the Space:

### 1. Confidentiality

This is a confidential space. What is shared here stays here. Bring with you the feelings and lessons of the workshop, but not the words or stories of others.

### 2. No Giving Advice

We are not here to fix each other's problems. We are here to experience, explore, and learn. Instead of giving advice, consider asking a question or offering a reflection ("*What I heard you say is...*").

### 3. Speak From the "I"

Own what's real for you, using "I" rather than "We", "You", etc.