

The Pain Workshop

Structure, Values, & Principles



6:00 - Welcome / Connection

- Casual opening of the space and welcoming everyone to the workshop.

6:10 - Begin

- Everyone is sitting and ready to go.
- Short intro of the intention of this space.
- Speaking to the structure, values, and principles.

6:15 - Check-In

- 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

- Experiencing the concept/focus through different practices.
- Practices may include breath, mindfulness, and/or movement.

7:15 - Group Reflections/Shares

- Come back into a large workshop.
- Open 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

- Honor yourself 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.