References on Bio-Psycho-Social Aspects of Chronic Pain

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Notes on Presentation

Pain in the Brain/Mind/Body
Chronic Pain, downward spiral
Chronic Pain, bio-psych changes
Common Errors in dx & treatment
Patient Advocacy concerns & issues
Better Care: Understand Chronic Pain … Validate Patient … Meaning/Acceptance of Pain … Reduce Distress (relax TX vs. catastrophic thinking) … Decrease Fear/Sadness … Increase Fitness & Health (exercise) … Inspire Re-Creation (hobbies, service) … Collaborate with other Healthcare Providers … Involve Family …
Recent Publication for Understanding & Treating Chronic Pain
By Jay R. Skidmore, PhD

**Journal Articles**


**Selected Journal Abstracts**


**Book Chapter**