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Self-**CARE** – Self-Compassionate Anger **Regulation** for chronic pain

Group-therapy on self-compassion in chronic pain – tailored
treatment on anger

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Theoretical Background



Anger in chronic pain

Anger is associated with:

Increased
Disability

Greater pain
intensity

Poorer function

Reduced pain
treatment
response

Directed towards
oneself and others

Impaired
relationships
with spouses

Self-blame/
self-criticism

Frustration

Poorer
acceptance

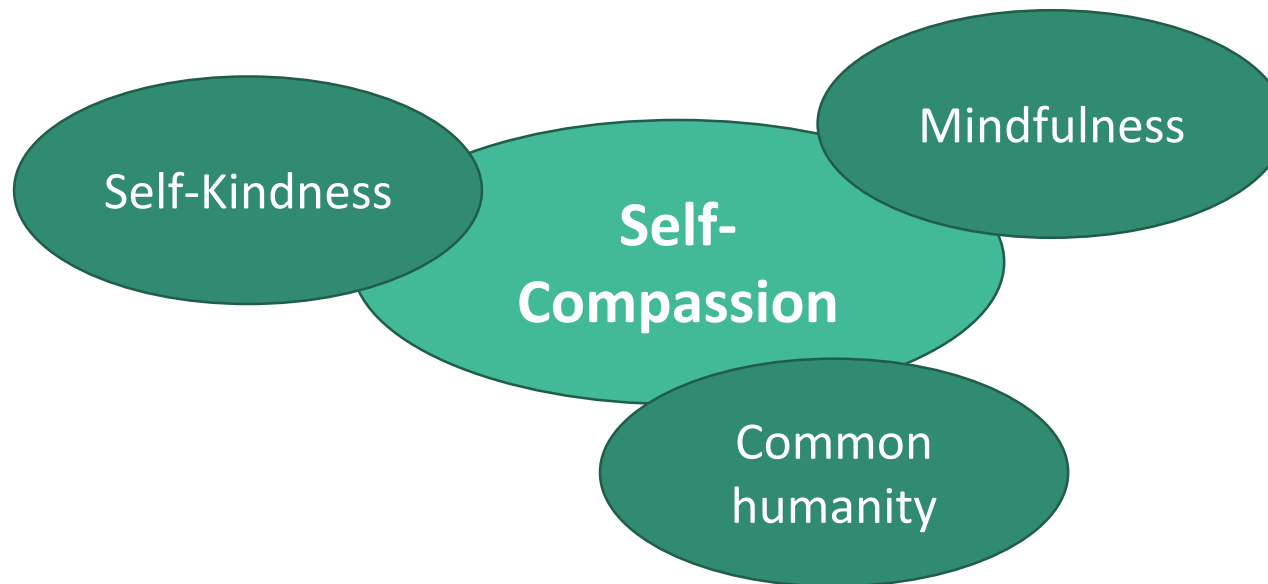
→ Treatment?

Burns et al. (1998), Burns et al. (1999), Burns et al. (2003), Burns et al. (2015), Schwartz et al. (1991), Okifuji et al. (1999), Dow et al. (2012), Cedraschi et al. (2013), Rudich et al. (2008), Risdon et al. (2003)



Self-Compassion - definition

- Gilbert (2009): *"a sensitivity to suffering in self and others with a commitment to try to alleviate and prevent it."*
- Neff (2003): Self-Compassion comprises three components





Self-Compassion, Anger & Pain

Interventions:

Carson et al. (2005):

8-week Loving-Kindness
programm (LKP)

-> more LK-practice related
and lower

Chapin et al. (2014):

Compassion Cultivation
- CCT (N = 12)

reduced pain severity and
increased pain acceptance

Parry & Malpass

Pain-focused group-
intervention
cultivating compassion (N = 8)

-> lower pain-related anxiety, depression;
higher self-compassion, pain willingness &
activity engagement

Stanton (2018):

group-intervention for
cultivating compassion – ResilientMind
(N = 58)

-> lower pain distress, intensity, anxiety,
depression & self-efficacy

Missing:
Self-Compassion intervention
specifically targeting **anger** in
people suffering from **chronic pain**



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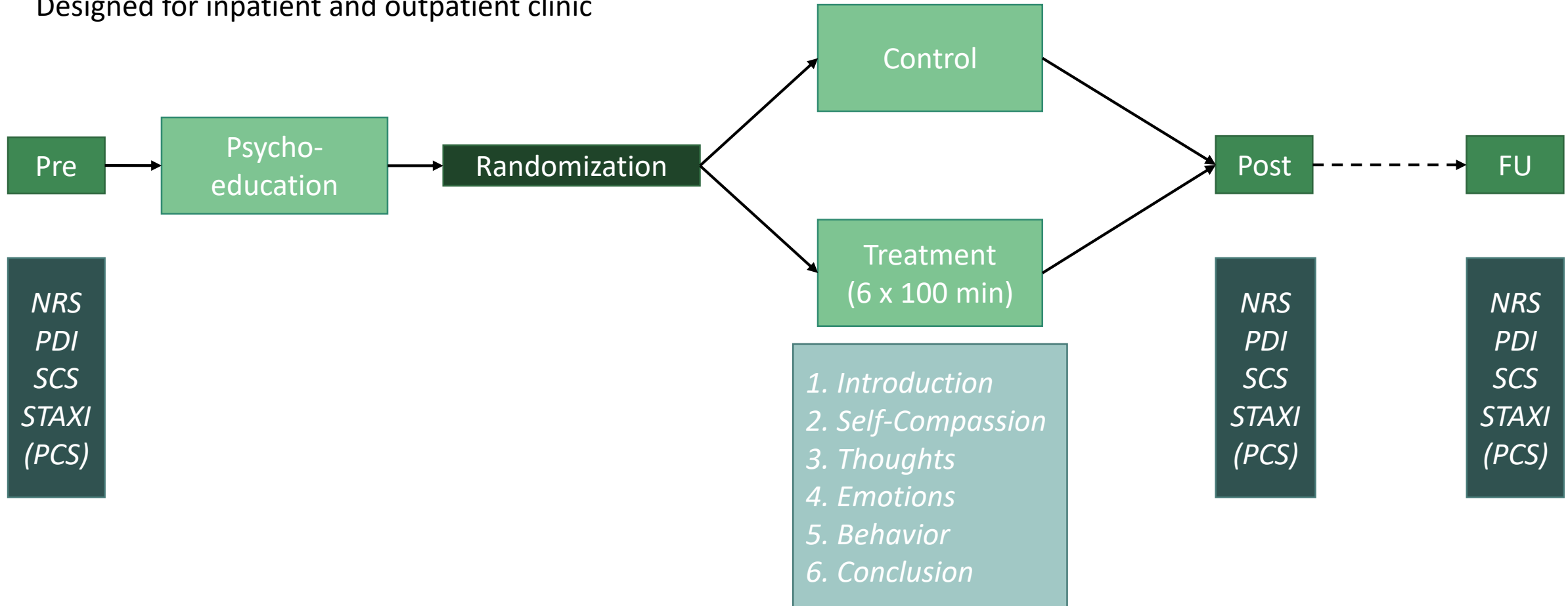


Method



Study design – Pilot study

Designed for inpatient and outpatient clinic





Study design – Treatment phase

- Based on exercises for building (self-)compassion
- Based on CBT-concepts (behavioral analyses)

1. Introduction

2. Self-Compassion

3. Thoughts

4. Emotions

5. Behavior

6. Conclusion

Elements:

Flash feedback
Group-discussion
Imagination
Homework
(individual workbook)



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Open Questions?



Open Questions?

- Is a specific treatment for anger in pain necessary?
- Are there any other treatment options for anger in chronic pain?
- Is there an other measurement for anger apart from STAXI?
- Or a measurement for anger in pain?



Thank you for your attention!

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Self-
CARE



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Study design – Pilot study

