



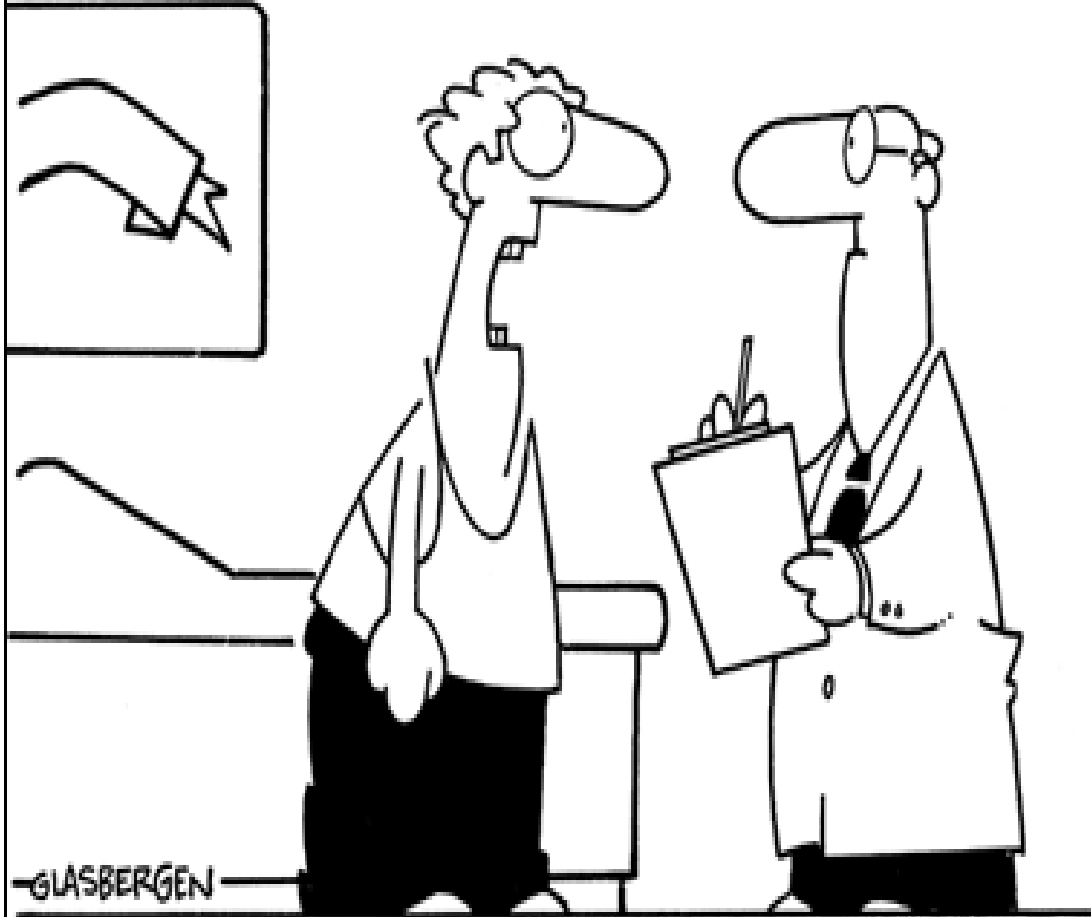
Pain and Addiction Challenges and Controversies

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www.glasbergen.com



**"I'm learning how to relax, doctor —
but I want to relax *better and faster!*
*I want to be on the cutting edge of relaxation!"***

www.DoctorFunnyBone.com

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5 Key Facts:

- All pain is real.
- Emotions drive the experience of chronic pain.
- Opioids often make pain worse.
- Treat to improve function.
- Expectations influence outcomes.



"What's the difference between being addicted to painkillers and just really, really liking them a lot?"

Diagnosing addiction?



ASAM Short Definition of Addiction

Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry.

Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations.

This is reflected in an individual **pathologically pursuing reward and/or relief** by substance use and other behaviors...

This is a false dichotomy

Aberrant drug use behaviors are common in pain patients

Pain Patients

35% met DSM V criteria for addiction²

63% admitted to using opioids for purposes other than pain¹



“Drug Abusers”

92% of opioid OD decedents were prescribed opioids for chronic pain.

1. Fleming MF, Balousek SL, Klessig CL, Mundt MP, Brown DD. Substance Use Disorders in a Primary Care Sample Receiving Daily Opioid Therapy. J Pain 2007;8:573-582.

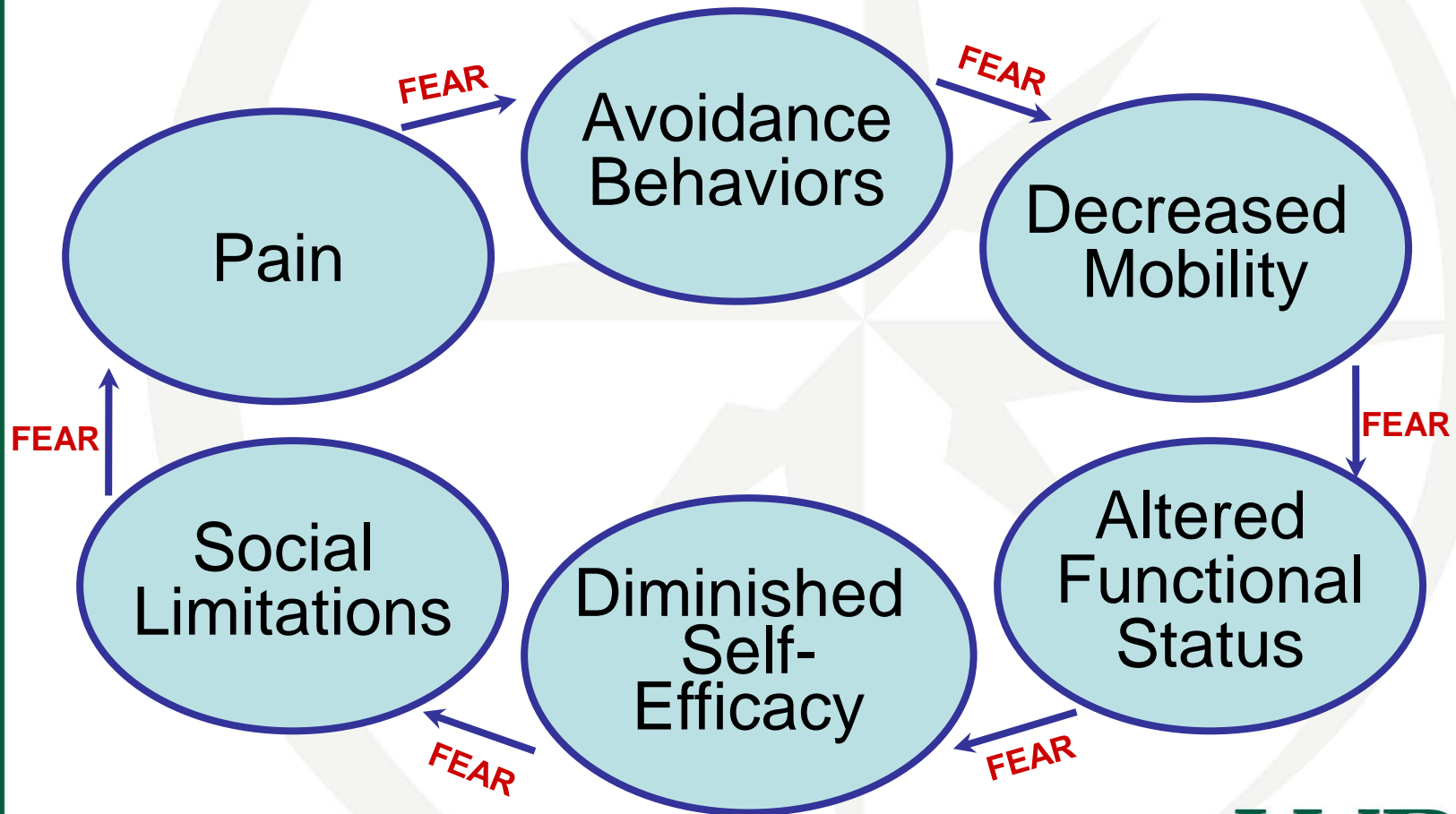
2. Boscarino JA, Rukstalis MR, Hoffman SN, et al. Prevalence of prescription opioid-use disorder among chronic pain patients: comparison of the DSM-5 vs. DSM-4 diagnostic criteria. J Addict Dis. 2011;30:185-194.

3. Johnson EM, Lanier WA, Merrill RM, et al. Unintentional Prescription Opioid-Related Overdose Deaths: Description of Decedents by Next of Kin or Best Contact, Utah, 2008-2009. J Gen Intern Med. 2012 Oct 16.

Emotional Intensifiers

- Guilt
- Anger – Resentments
- Loneliness
- Helplessness
- Fear

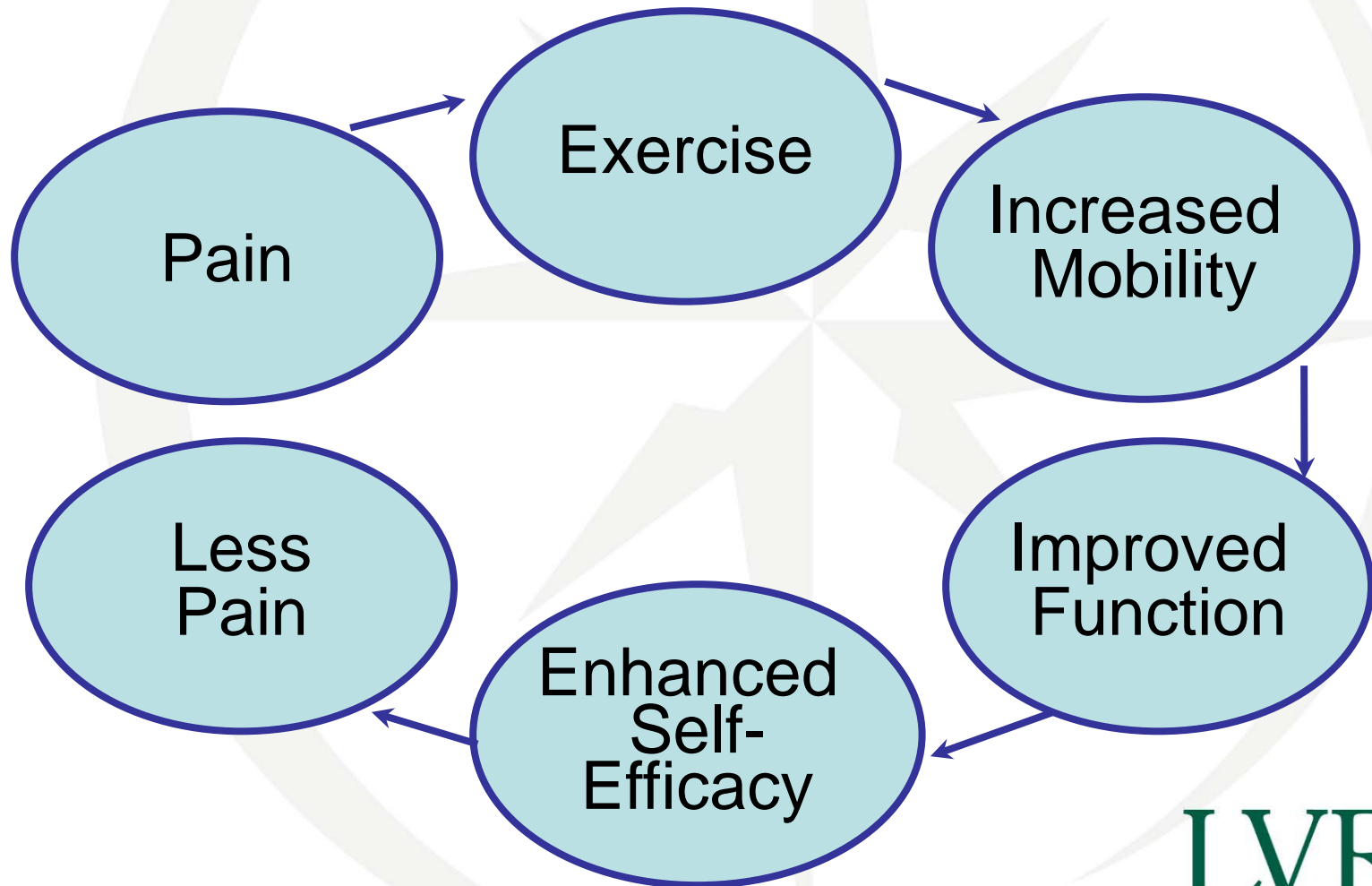
Cycle of Uncontrolled Pain and Fear



Ways to reduce pain intensity

- **Cognitive/Behavioral Therapy (CBT)**
- **DBT/ACT**
- **Attention/Distraction**
- **Control/Placebo effect**
- **Fear reduction**

Reversal of Cycle of Fear and Pain



Pain Pearls

- **Conditioning Increases Pain.**
- **Pain Patients Are A Pain.**
- **Secondary Gain Prevents Getting Well.**



SIPRESS

"I can cure your back problem, but there's a risk that you'll be left with nothing to talk about."

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Pain Recovery – Develop Balance

- Mental
- Emotional
- Physical
- Spiritual

RESULTING CHANGES

- Relationships
- Positive actions and behaviors

Non-Medication Treatments at LVRC

- Exercise – Physical Therapy
- Chiropractic Treatments
- Therapeutic Massage
- Reiki
- Acupuncture
- Nutrition
- Individual + group therapy
- Mindfulness-Based Stress Reduction (Kabat-Zinn)
- Yoga - Chi Gong

Mindfulness Meditation

- Based on Theraveda and Mahayana Buddhism – 500 BC - non religious.
- Focus is on insight (vipassana).
- Goal is NOT to eliminate pain or stress.
- Use intentional, focused awareness.

Mindfulness Practice

Bizarro Dan Piraro



Mindfulness Practice

- Willful directed attention to **present moment without judgment**
- Daily practice – like tuning an instrument
- Changes the brain – neuroplasticity
- Enriches the brain's neuronal structures –
 - Enhances connections
 - Affects neurotransmitter levels:
 - decreased cortisol & epinephrine (stimulation).
 - increased serotonin & GABA (relaxation, antidepressant).

Mindfulness Practice

- Meta-cognitive process (vs CBT).
- Change out relationship with our thoughts without changing the thoughts themselves.
- Detach from thoughts, feelings and physical sensations (attachment = suffering).
- Observer or spectator of thoughts.

Mindfulness Practice

- Utilize “beginner’s mind”
- Being open-hearted and open-minded to new possibilities
- Be kind to yourself (unconditionally loving)
- Tenderly holding and intimately knowing our suffering in any and all circumstances

Mindfulness Practice

- **Sitting still takes courage!**
- **We don't want to feel what we feel.**
- **We automatically want to cover over the pain in one way or another.**
- **Look directly with compassion and humor.**
- **Find meaning in the pain – use as an opportunity.**

Mindfulness Practice

- Focus on an object - usually the breath.
- Thoughts ebb and flow (like bubbles).
- Bring attention back to the breath (training a puppy).
- No effort to clear thoughts or push away negatives – or hold positives.
- Cravings and urges are a desire for things to be different than they are.
- No “good” meditation – no outcome.

The Effects of Mindfulness Meditation on Chronic Pain

- After 3 months of daily meditation in 27 older adults (>65):

- Less pain

- Improved attention

- Enhanced well-being

- Improved quality of life

Morone, Lynch, Cheryl et.al.

The Journal of Pain (2008) 9:9; 841-848.

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Mindfulness Practice

Suffering (Dukkah)

- Attachment to thoughts or outcomes.
- Wanting physical states to be different (e.g. pain).
- Relentless mind activity (ruminating, obsessing, catastrophizing).
- Deep-seated habitual responses to the world.
- Attachment to PAIN *seems* grounding – it is solid and familiar!

Mindfulness Practice Resistance

- Closed – minded
- Impatient – restless
- Unkind thoughts and judgments
- Cynical attitude
- All fear – based!

BODY SCAN

- Burmese practice called sweeping
- Jon Kabat Zinn, Ph.D
- “Self Cat Scan”
- Observer’s attitude – bearing witness to the pain – **awareness of the pain is not the pain**
- Utilize Compassion and kindness towards self.

**Research confirms that
drugs give the same benefits
as yoga !!!**

Halasana

Excellent for back pain and insomnia.



Balāsana

Position that brings the sensation of peace and calm.



Savasana

Position of total relaxation.



QUESTIONS?

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www.supportPROP.org

www.likemindeddocs.com

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THANK YOU

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