

CRPS FACEBOOK LIVE

WITH MELANIE S. LEVINE, PH.D.
OF NY-OBT PSYCHOLOGICAL SERVICES, PLLC

MY BRIEF STORY



In May 2009 I developed the symptoms of CRPS



It took many doctors to make the diagnosis



We experimented with several medications before finding the right ones that began to bring a bit of relief



Physical therapy with the RIGHT therapist was my turning point

MY TREATMENT AND RECOVERY

WHAT WAS MOST EFFECTIVE?

Goal directed
physical therapy

Moving!

Cymbalta and
Topamax

Not reading
about worst
case scenarios

Believing I
would get
better

Finding doctors
who cared and
suited me

Maintaining
activities that
were possible

Not making
CRPS my whole
life

CHRONIC PAIN STRATEGIES – BEHAVIORAL

QUESTION: HOW TO USE COPING STRATEGIES FASTER WHEN FACED WITH NEW SYMPTOMS?

Use it or lose it – break the brain pain cycle

Find a knowledgeable physical therapist, must be goal directed

Practice PT exercises at home, consistently!

Experiment with medications, give them time (side effects)

Activity scheduling

Social support*

Relaxation Strategies*

Vitamins (Vitamin B12, Vitamin D, Vitamin C, Vitamin B3, Vitamin E)

Sleep*

Diet*

SOCIAL SUPPORT

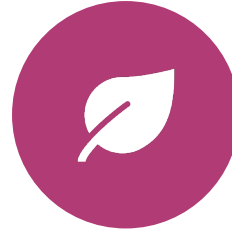
Family, Friends, Coworkers, Classmates

Online support – with caution

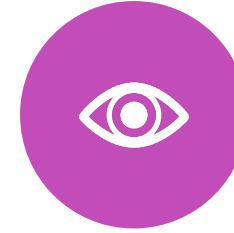
1. How can we stay connected to loved ones during times of quarantine?

2. How do we cope with the loss of friends/family due to CRPS?

RELAXATION STRATEGIES



DEEP BREATHING



GUIDED IMAGERY



MEDITATION (MY
FAVORITE: THE
BODY SCAN)

QUESTION: I
WOULD LIKE TO
SEE GUIDED
IMAGERY IN
DEPTH



WARM BATH



LISTEN TO
SOOTHING MUSIC



APPS: CALM,
HEADSPACE

SLEEP (SLEEP HYGIENE FOR IMPROVED SLEEP)

- Shut all electronics an hour before bed
- Dim the lights an hour before bed
- Stop caffeine after 12pm (those with CRPS should limit caffeine in general)
- Limit alcohol
- Take a warm bath or shower
- Keep room cool (68 degrees)
- Keep room dark
- Only use bed for sleep/sex
- Do deep breathing or meditation or imagery as falling asleep
- If you cannot fall asleep in 20 minutes, get up, go to another room, do something soothing for 30 minutes, try again

DIET

GOOD FOODS: fish
(w/Omega-3s, berries,
broccoli, kale, spinach,
avocados, decaf green tea,
peppers, mushrooms, grapes,
turmeric, EVOO, cherries,
grass-fed organic meat, water

NOT-SO-GOOD FOODS: fried
foods, junk food, refined
carbs, sugary beverages,
processed meats, trans fats,
caffeine

MORE AUDIENCE QUESTIONS

How do you get an 18-year old who has had CRPS for 6 years and has been through multiple therapies, multiple medications, 6 weeks in Boston children's hospital, multiple psychologists and psychiatrists, to re-gain hope? To speak to a psychologist again? He's depressed, angry and has given up all hope that something will work.

How not to fear that it will come back if you're in remission?

Guilt because don't know how or why got remission?

COGNITIVE STRATEGIES



A
Activating Event
- or situation

The event your client
faces, that triggers
unwanted responses

B
Beliefs

The thoughts and
beliefs your client
holds about A

C
Consequences

The internal and
external behaviours
that result from B

D
Dispute

Challenging the
beliefs and thoughts at
B. Are they rational?

E
Exchange

Exchange old beliefs
and thoughts for new,
rational, balanced ones

The ABCDE Model

Version taken from The Cognitive Behavioural Coaching Pocketbook
By Dorothy Spry

THANK YOU

ANY OTHER
QUESTIONS?