



Comparison of the Chronic Pain Self-Management Program (CPSMP) and the Chronic Disease Self-Management Program (CDSMP)

2022 CPSMP	2020 CDSMP	Differences
SESSION ONE		
Activity 1: Introduction to the Workshop	Activity 1: Introduction	<ul style="list-style-type: none"> Some script changes to make it more pain specific.
Activity 2: Group Introductions	Activity 1: Introduction	<ul style="list-style-type: none"> In CDSMP this activity is combined with the workshop introduction.
Activity 3: What is Pain?	Not in CDSMP	<ul style="list-style-type: none"> New activity Covered in cross-training
Activity 4: Mind-Body Connection/Distractio	Activity 3: Mind-Body Connection/Distractio	<ul style="list-style-type: none"> Same as CDSMP with some script changes to make it more pain-specific.
Activity 5: Fatigue and Getting a Good Night's Sleep	Activity 2: Fatigue and Getting a Good Night's Sleep	<ul style="list-style-type: none"> Script changes to make it more pain specific; has caution about use of sleeping pills.
Activity 6: Introduction to Action Plans	Activity 6: Introduction to Action Plans	<ul style="list-style-type: none"> Same as CDSMP.
Activity 7: Closing	Activity 7: Closing	<ul style="list-style-type: none"> Like CDSMP but introduces homework to complete a behavior worksheet (pain diary) to report on next week along with feedback on the action plan.
SESSION TWO		
Activity 1: Feedback	Activity 1: Feedback	<ul style="list-style-type: none"> Same as CDSMP but adds report on what they learned from keeping the pain diary.
Activity 2: Introduction to Problem-Solving	Activity 2: Introduction to Problem-Solving	<ul style="list-style-type: none"> Same as CDSMP with some script changes to be more pain-specific.
Activity 3: Identifying Values for Pacing	Not in CDSMP	<ul style="list-style-type: none"> New activity Covered in cross-training

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SESSION TWO , <i>continued</i>		
Activity 4: Problem-Solving	Session 4, Activity 5: Problem-Solving	<ul style="list-style-type: none"> • Like CDSMP but asks for problems identified from the pain diary or with pacing.
Activity 5: Moving Easy Program	Not in CDSMP	<ul style="list-style-type: none"> • Not in CDSMP • Covered in cross-training
Activity 6: Making An Action Plan	Activity 6: Making An Action Plan	<ul style="list-style-type: none"> • Same as CDSMP
Activity 7: Closing	Activity 7: Closing	<ul style="list-style-type: none"> • Like CDSMP with reminder to keep the pain diary again to note balance with activity and rest (pacing).
SESSION THREE		
Activity 1: Feedback	Activity 1: Feedback	<ul style="list-style-type: none"> • Same as CDSMP but adds report on what they learned from keeping the pain diary.
Activity 2: Dealing with Difficult Emotions	Session 2, Activity 3: Dealing with Difficult Emotions	<ul style="list-style-type: none"> • Same as CDSMP with some script changes to be more pain-specific.
Activity 3: Worst Case Thinking	Session 5, Activity 6: Communicating with Ourselves	<ul style="list-style-type: none"> • Same as CDSMP with some script changes to be more pain-specific.
Activity 4: Healthy Eating	Session 3, Activity 5: Healthy Eating	<ul style="list-style-type: none"> • Like CDSMP with script changes to be more pain-specific.
Activity 5: Endurance Exercise	Activity 4: Endurance Exercise	<ul style="list-style-type: none"> • Like CDSMP with script changes to be more pain-specific.
Activity 6: Making an Action Plan	Activity 6: Making an Action Plan	<ul style="list-style-type: none"> • Same as CDSMP
Activity 7: Closing	Activity 7: Closing	<ul style="list-style-type: none"> • Like CDSMP with reminder to keep the pain diary again to note what behaviors, emotions, and food affect pain.

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SESSION FOUR		
Activity 1: Feedback	Activity 1: Feedback	<ul style="list-style-type: none"> • Same as CDSMP but adds report on what they learned from keeping the pain diary.
Activity 2: Dealing with Depression	Session 5, Activity 5: Dealing with Depression	<ul style="list-style-type: none"> • Same as CDSMP with some script changes to be more pain-specific.
Activity 3: Healthy Eating for Pain	Session 4, Activity 3 & Session 5, Activity 2: Reading Food Labels, Parts 1 & 2	<ul style="list-style-type: none"> • Discusses 5 evidence-based ways healthy eating helps pain. • Combines, modifies, shortens CDSMP Session 4 and Session 5 activities. • Covered in cross-training
Activity 4: Communication Skills	Activity 4: Communication Skills	<ul style="list-style-type: none"> • Same as CDSMP with minor script changes.
Activity 5: Practice Moving Easy Program (MEP)	Not in CDSMP	<ul style="list-style-type: none"> • Not in CDSMP • This provides another opportunity to practice the MEP as is done in Session 2.
Activity 6: Making an Action Plan	Activity 6: Making an Action Plan	<ul style="list-style-type: none"> • Same as CDSMP
Activity 7: Closing	Activity 7: Closing	<ul style="list-style-type: none"> • Like CDSMP with reminder to keep the pain diary again.
SESSION FIVE		
Activity 1; Feedback	Activity 1; Feedback	<ul style="list-style-type: none"> • Same as CDSMP but adds report on what they learned from keeping the pain diary.
Activity 2: Medication Usage	Activity 3: Medication Usage	<ul style="list-style-type: none"> • Some similarities with CDSMP • Pain medications and addiction are discussed • Covered in cross-training
Activity 3: Making Informed Treatment Decisions	Session 6, Activity 2: Making Informed Treatment Decisions	<ul style="list-style-type: none"> • Like CDSMP • Omits chart and discussion of types of URL internet addresses. Instead refers to the LHLWCP book to find this information and the link for reliable resources at the end of each chapter.
Activity 4: Relaxation Body Scan	Activity 4: Relaxation Body Scan	<ul style="list-style-type: none"> • Same as CDSMP

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SESSION FIVE, <i>continued</i>		
Activity 5: Making Decisions	Session 3, Activity 2: Making Decisions	<ul style="list-style-type: none"> • Same as CDSMP with some script changes to be more pain-specific.
Activity 6: Values and Time Management	Not in CDSMP	<ul style="list-style-type: none"> • Not in CDSMP • Covered in cross-training
Activity 7: Making an Action Plan	Activity 7: Making an Action Plan	<ul style="list-style-type: none"> • Same as CDSMP
Activity 8: Closing	Activity 8: Closing	<ul style="list-style-type: none"> • Like CDSMP with reminder to keep the pain diary again.
SESSION SIX		
Activity 1: Feedback	Activity 1; Feedback	<ul style="list-style-type: none"> • Same as CDSMP
Activity 2: Describing Your Pain	Not in CDSMP	<ul style="list-style-type: none"> • Detail about ways to describe your pain when working with your health care provider. • Covered in cross-training
Activity 3: Working with Your Health Care Team	Activity 3: Working with Your Health Care Team	<ul style="list-style-type: none"> • Same as CDSMP with some script changes to be more pain-specific.
Activity 4: Guided Imagery Relaxation	Activity 4: Guided Imagery Relaxation	<ul style="list-style-type: none"> • Same as CDSMP
Activity 5: Looking Back and Planning for the Future	Activity 5: Looking Back and Planning for the Future	<ul style="list-style-type: none"> • Like CDSMP with some script changes to be more pain-specific
Activity 6: Closing	Activity 6: Closing	<ul style="list-style-type: none"> • Like CDSMP with script changes for pain-specific reminders to continue to use the book and tools as support on their self-management journey.