

How Do We Use CBPT Practices in the Clinic Setting?

Introduce the strategy in the clinic. Give the worksheet as homework for the patient to complete and to discuss at the next clinic visit. Ask patient to bring a **folder** to next clinic visit to keep all worksheets = TIME EFFICIENCY and patient ownership.

1. Graded Activity Plan: (Ther Act)

Ask patient to fill out the GAP and return at next visit.

Set goal next visit for appropriate activities from GAP.

GOAL:

CONFIDENCE LEVEL:

***This is where we commonly fall short as clinicians- we don't ask about what patient is having difficulty with at home, work, and community.*

2. Balancing Negative Thoughts with Positive Thoughts: (Ther Act)

Introduce concept. Ask patient to fill out worksheet and return at next visit.

At next visit, practice: therapist says negative thought and patient says positive thought. Get Feedback. Set goal for patient to practice positive thoughts until next visit.

GOAL:

CONFIDENCE LEVEL:

3. Deep Breathing Exercises: (Ther Ex)

MI style introduction to DBE. (ask what they know, permission to introduce)

Demo in clinic:

Close eyes and tune out external distractions
Breathe in through nose (count 3)
Breathe out from mouth (count 4)

Practice together in clinic 2-3 min (talk patient through it)

You can scan your body for places of tension and let those areas relax.
You may feel your body sinking into the chair.
Your body may feel heavier and warmer.
You may feel yourself becoming more relaxed and calm.
You can feel relaxed like this whenever you want, just by taking the time to breathe deeply.

- At home: Practice 2-3 min during times of low pain/stress. Use later to decrease pain and stress

Set goal to practice at home until next visit.

GOAL:

CONFIDENCE LEVEL:

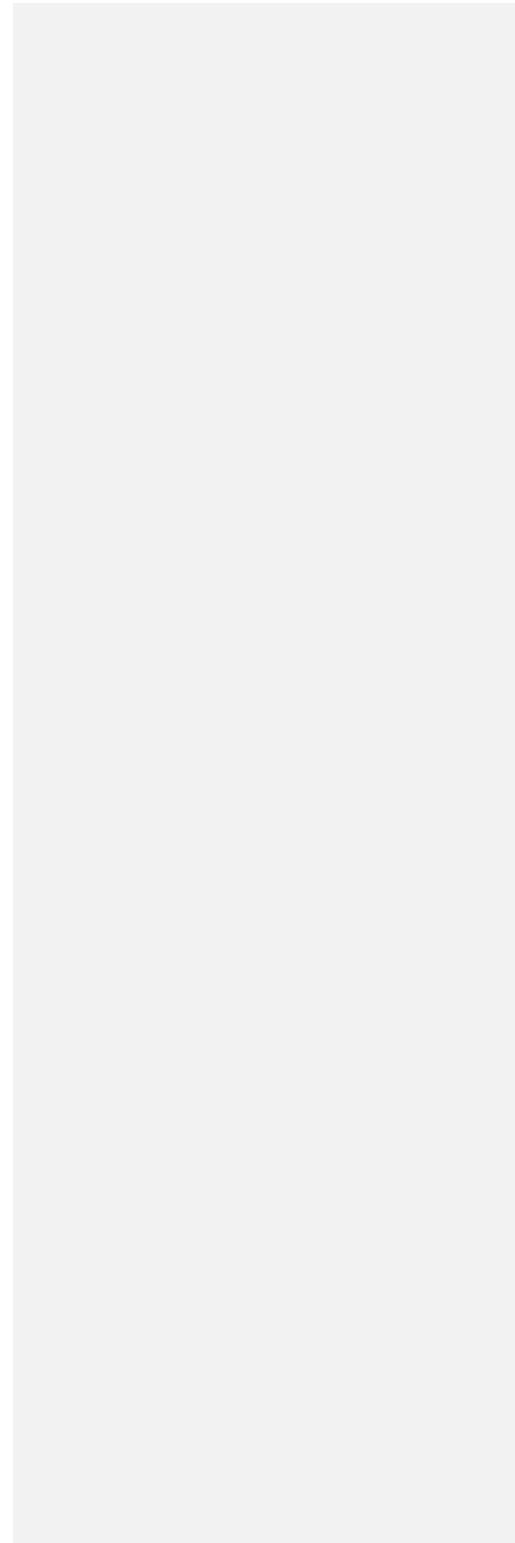
Graded Activity Plan Example

Activity	Difficulty Scale
	0-10
Gardening Yard work Going back to work Swimming Riding a bicycle	10
Painting/Home repairs Cleaning windows Lifting heavy objects Making the bed Walking the dog	8
Climbing stairs Driving a car Loading a dishwasher Vacuuming Lifting light objects Carrying a trash bag	5
Doing laundry Dressing a child Washing dishes	4
Ironing	2
Brushing teeth	0

Graded Activity Plan

Instructions: Start at the bottom with activities that are the least difficult (0) and work your way toward the top to the most difficult activities (10).

Activity	Difficulty Scale 0-10
	Most Difficult 10
	8
	6
	5
	4
	3
	2
	Least Difficult 0



Activity Goal **Worksheet**

Week	Activity	Plan	Confidence Level (0-10)

- Commented [VSW1]:
- Commented [VSW2]: twice as many boxes
- Commented [VSW3]:

App Idea (free): Virtual Hope Box (Activity Planner)

Balancing your Thinking

Common Negative Thoughts

Identifying negative thoughts that can follow stressful events and pain flare-ups is an important step in the process of coping after back surgery. What do you say to yourself when stressful things happen or when pain or muscle tightness gets bad? Do those thoughts help you relax and be calm or do they add to your discomfort? It can be helpful to talk to a family member or friend to help you identify your negative thoughts.

Here are some negative thoughts you might find yourself thinking or saying out loud:

- “I will never get better”
- “This pain will never go away”
- “I won’t be able to do the things I used to do”
- “I should be back to normal or be better by now”
- “I feel so alone”

Common Positive Thoughts

Replacing negative thoughts or self-talk with positive thoughts or self-talk is very important. What positive thoughts might be helpful for you? It might help to think what you might say to a friend or family member if they are having a bad day or in a lot of pain.

The following are some positive statements you might find useful:

- “I know it will pass”
- “This is just a setback”
- “I can tolerate this”
- “I’ll focus on relaxing and staying calm”
- “This is upsetting, but I know how to deal with it”

On the next page, write down some of the negative thoughts you have that might keep you from being active or feeling your best. Also, think about replacing these negative thoughts with positive thoughts. Write down some positive thoughts that might help you balance your thinking.

BALANCE YOUR THINKING

My Negative Thoughts	My Positive Thoughts

At first, you will have to make an effort to practice these positive thoughts to yourself on a daily basis. After a while you will find that you may think them automatically.

Action Plan:	Confidence Level (0-10):

Deep Breathing Exercise

1. *Set up a relaxation area:* First, find a quiet place where you will not be disturbed.. Next, either lie down on your bed/couch or sit with your feet flat on the floor and place both hands on your abdomen. Make sure you start out in a comfortable position.
2. *Practice:* Now close your eyes if you are comfortable doing so. Take a deep breath in through your nose slowly for a count of three and bring air down to your waist as your hands rise. 1.....2.....3.....Then exhale from your mouth, with a sigh of relief, and feel your hands fall. 1.....2.....3.....4.....Notice if your exhale is longer than your inhale....this allows you to relax more. Continue breathing at a comfortable pace, remembering to breathe in through the nose for a count of three and out through the mouth for a count of four. If you begin to feel dizzy, try breathing less deeply and at a more normal rate.

You may want to repeat some of the following statements to yourself to help you relax while breathing:

- I scan my body for places of tension and let those areas relax.
- I feel my body sinking into the chair.
- My body feels heavier and warmer.
- I feel myself becoming more relaxed and calm.
- I can feel relaxed like this whenever I want, just by taking the time to breathe deeply.

Learning to become comfortable with controlled breathing takes practice:

- Practice controlled breathing 1-2 times per day, for 3-5 minutes. Your mind may wander at first. Just recognize this and bring your mind back to your breathing.
- Practice at least once per day lying down with your knees elevated or sitting in a chair

Action Plan:	Confidence Level (0-10):

App Ideas (free): Breathe2Relax, Calm, Virtual Hope Box