

CHRONIC PAIN MANAGEMENT RESOURCES

WEBSITES and CLINICS

1. painrevolution.org — an initiative of Melbourne University
2. unlearnyourpain.com
3. painpsychologycenter.com
4. curablehealth.com — with the tagline 'a different approach to your pain' — try the CURABLE app
5. Barbara Walker Centre for Pain Management at St Vincent's Hospital, Melbourne — <https://www.svhm.org.au/health-professionals/community-and-aged-care/health-independence-program-hip/barbara-walker-centre-for-pain-management> — for the treatment of people who have chronic pain
6. nicabm.com — National Institute for the Application of Behavioural Medicine — https://www.nicabm.com/program/fb-prt-schubiner/?del=gad.3566.allpmax&network=x&utm_source=google&utm_medium=cpc&utm_campaign=24092445343&ad_group_id=&utm_term=&utm_content=&gad_source=1&gad_campaignid=24092471011&gbraid=0AAAAAD7IBtqZyvZi3wjZRdR9Y2VrhU6gX&gclid=EAlalQobChMltfij3J79lgMVBukWBR17dgGUEAAYASAAEgLwPPD_BwE

BOOKS

1. *The Divided Mind: The Epidemic of Mindbody Disorders* — by Dr John Sarno
2. *The Mindbody Prescription: Healing the Body, Healing the Pain* — by Dr John Sarno
3. *Unlearn Your Pain: The Science of Recovering from Chronic Pain, Fatigue, Anxiety and Depression* — by Howard Schubiner
4. *The Way Out: The Revolutionary, Scientifically Proven Approach to Heal Chronic Pain* — by Alan Gordon and Alon Ziv
5. *Why Does It Still Hurt? How the power of knowledge can overcome chronic pain* — by Dr Paul Biegler
6. *The Secret Language of the Body: Regulate your nervous system, heal your body, free your mind* — by Jennifer Mann and Karden Rabin
7. *The Body Keeps the Score: Mind, Brain and Body in the Transformation of Trauma* — by Bessel van der Kolk
8. *When the Body Says No: The Cost of Hidden Stress* — by Gabor Maté

