

A scenic landscape of rolling green hills and a winding road at sunset. The sun is low on the horizon, casting a golden glow over the scene. The hills are covered in lush green grass, and a road winds through the valley. The sky is filled with soft, golden light and a few wispy clouds.

# A Health Coaching Approach to Pain Management in Primary Care

Dr Tim Williams



**PEAK HEALTH**  
COACHING

**C**ONFLICT

**C**OF

**I**NTEREST

**Clinical Director of Peak Health Coaching which provides training in Health Coaching and Person-Centred approaches.**

Adobe Stock | #84078849



**PEAK HEALTH**  
COACHING

Why we need a  
different  
approach

How we could  
do things  
differently



What Health  
Coaching could  
offer



**PEAK HEALTH**  
COACHING

# What are the Challenges of Persistent Pain?



# In an IDEAL world, who makes the most important contribution to successful outcomes in pain management?

Patients themselves

The Health & Social Care System



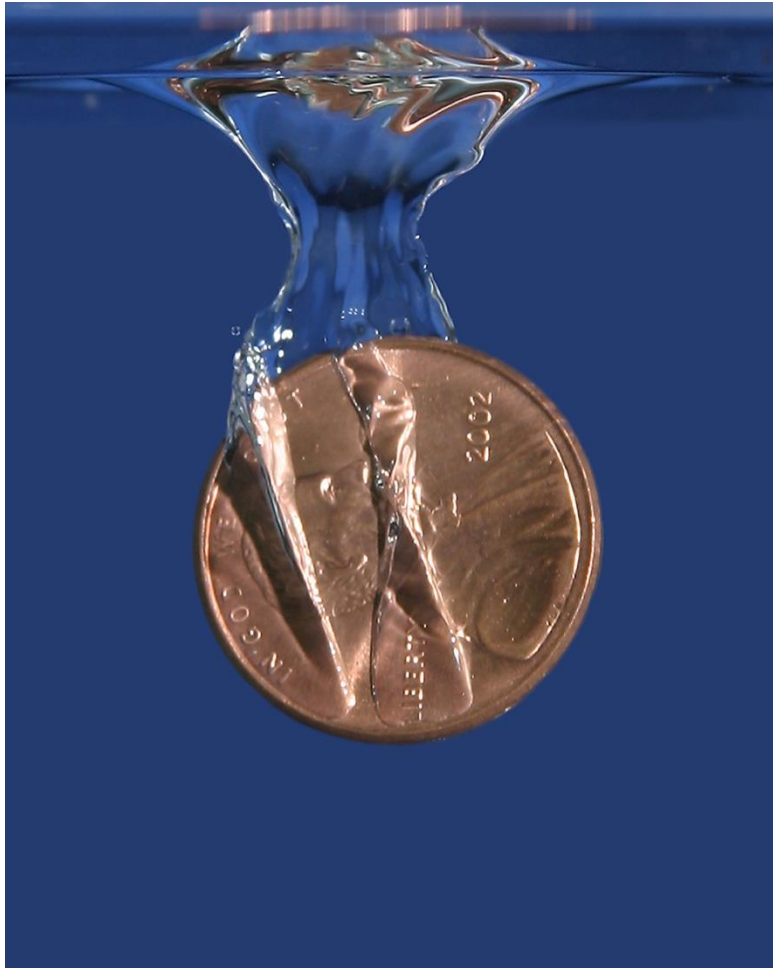
Confidence, Knowledge and Skills

RESPONSIBILITY

ABILITY-TO-RESPOND

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# Penny-Drop Moments



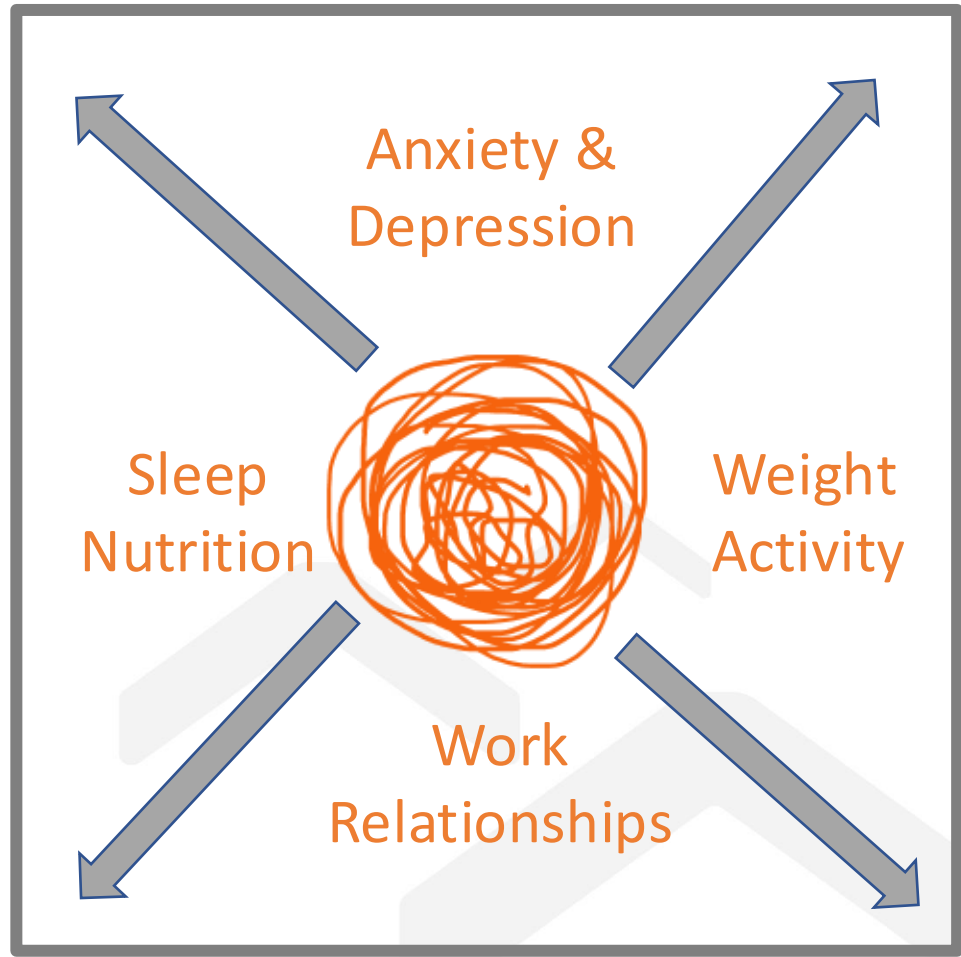
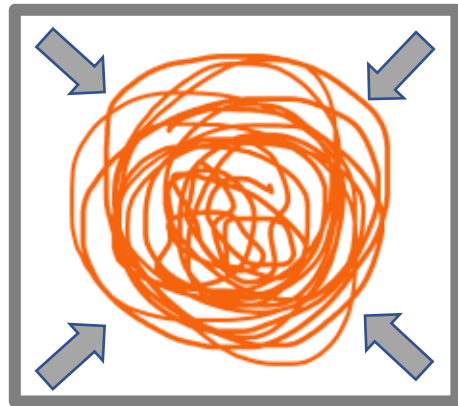
Persistent pain can be a long-term condition, but there is hope!

Pain Reprocessing Therapy (Alan Gordon, Howard Schubiner)

It's not all about me...It's about them too.

It's not all about the pain.

# It's not all about the pain...



# Two Appointment Approach

“How did we get here?”

“Where are we going?”

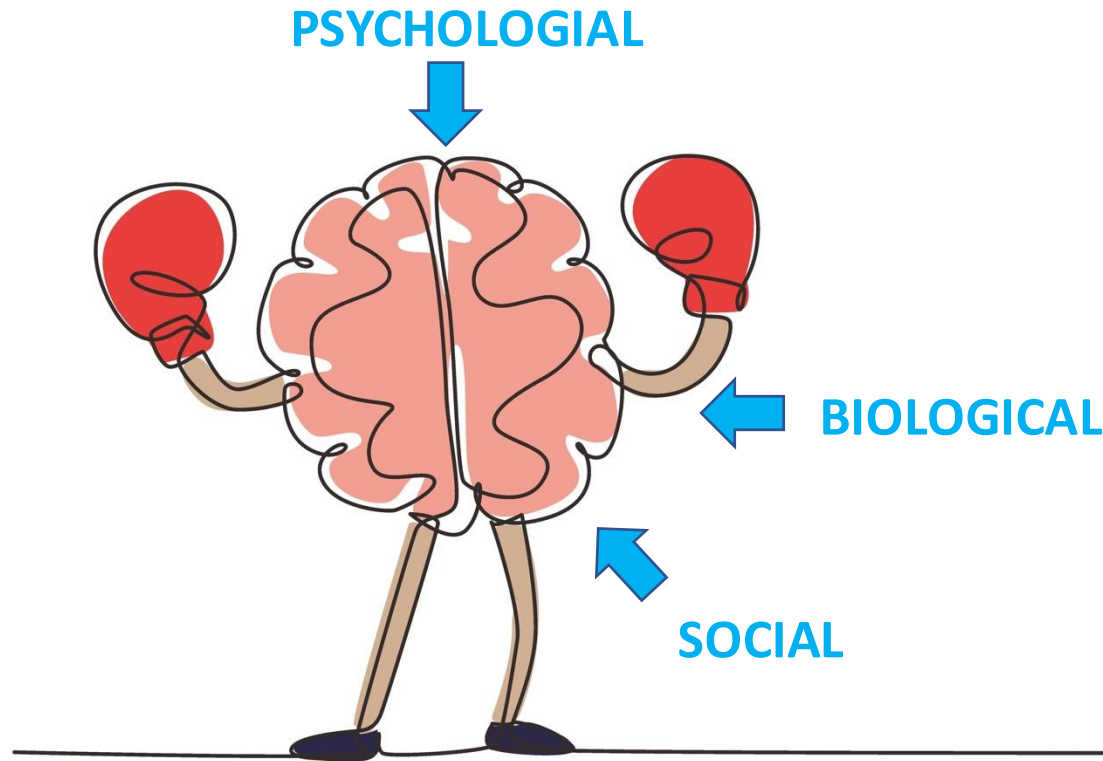


“Can you tell me about your pain from when it started, how it’s progressed and finish with how it is now?”



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# The Protective Brain



Biopsychosocial  
inputs

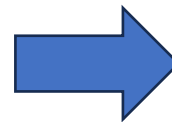


Decides risk

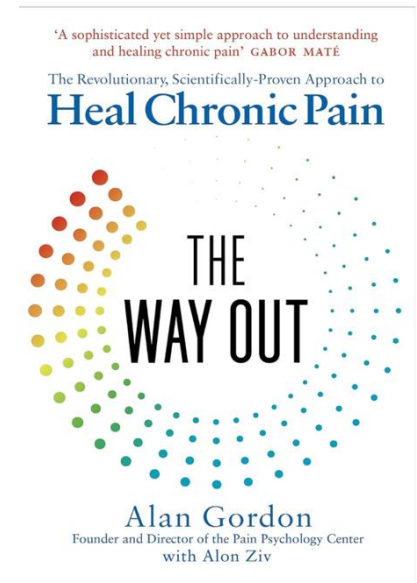


Creates **Pain**

The Over-Protective Brain



Unhelpful Pain



# Resources

<https://www.tamethebeast.org/#tame-the-beast>

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# Two Appointment Approach

“How did we get here?”      “Where are we going?”



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# What is coaching?

Encourage people onto the track

We take a step off the track

What do people need  
to run their own race?



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# DOIT Coaching Model

**D**ecide what you want to focus on

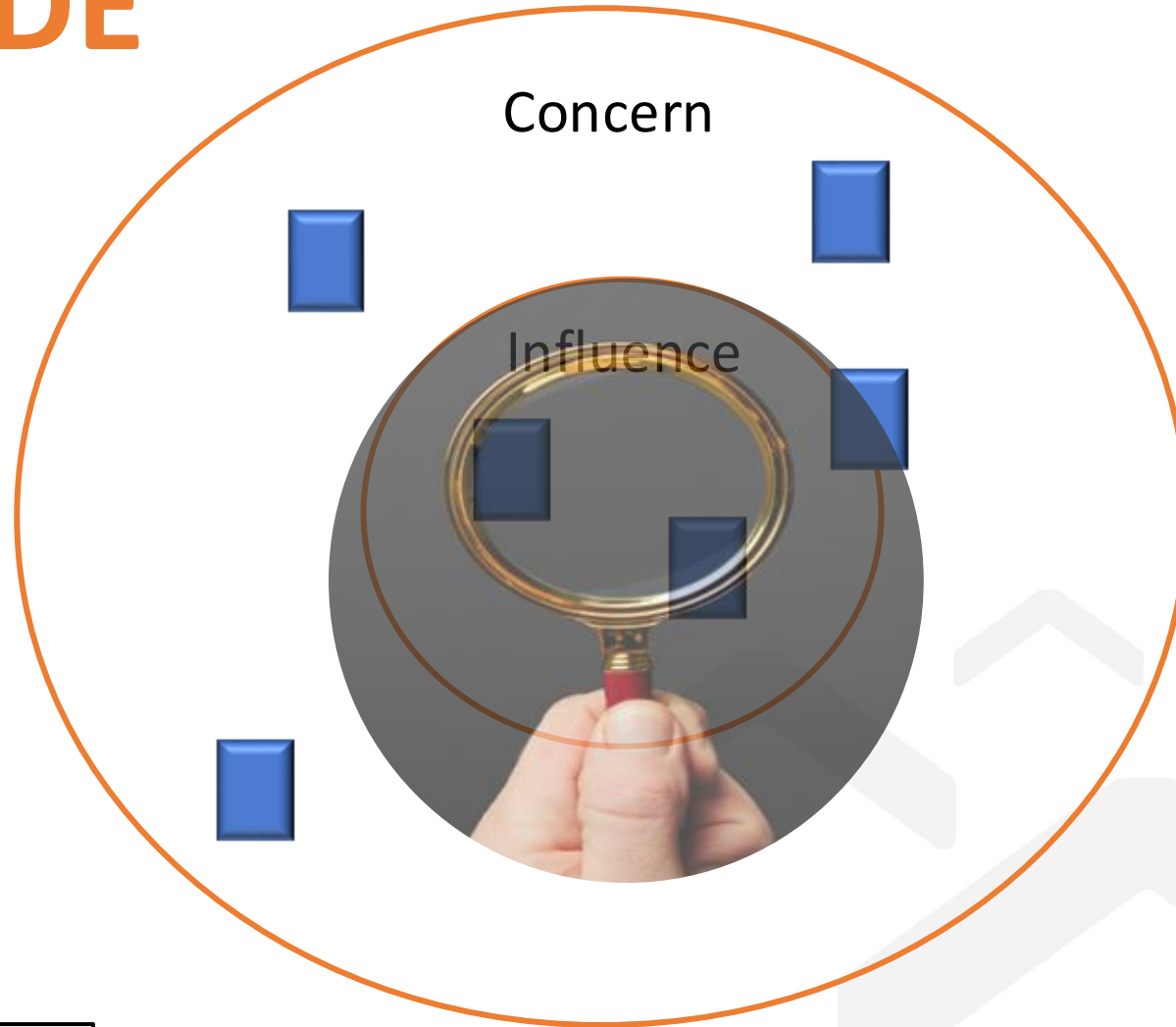
What is the **O**utcome you want specifically?

What **I**deas have you got to achieve it?

At what **T**ime will you make a start?

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# DECIDE



Stephen Covey



# OUTCOME



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# IDEAS

Theirs

Others

Yours



Make a list!



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# MONTHLY PLANNER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# TIMING

MONTH

1 2 3 4

YEAR

5 6 7 8

10 11 12

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# DOIT Coaching Model

**D**ecide what you want to focus on

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DO'P'IT

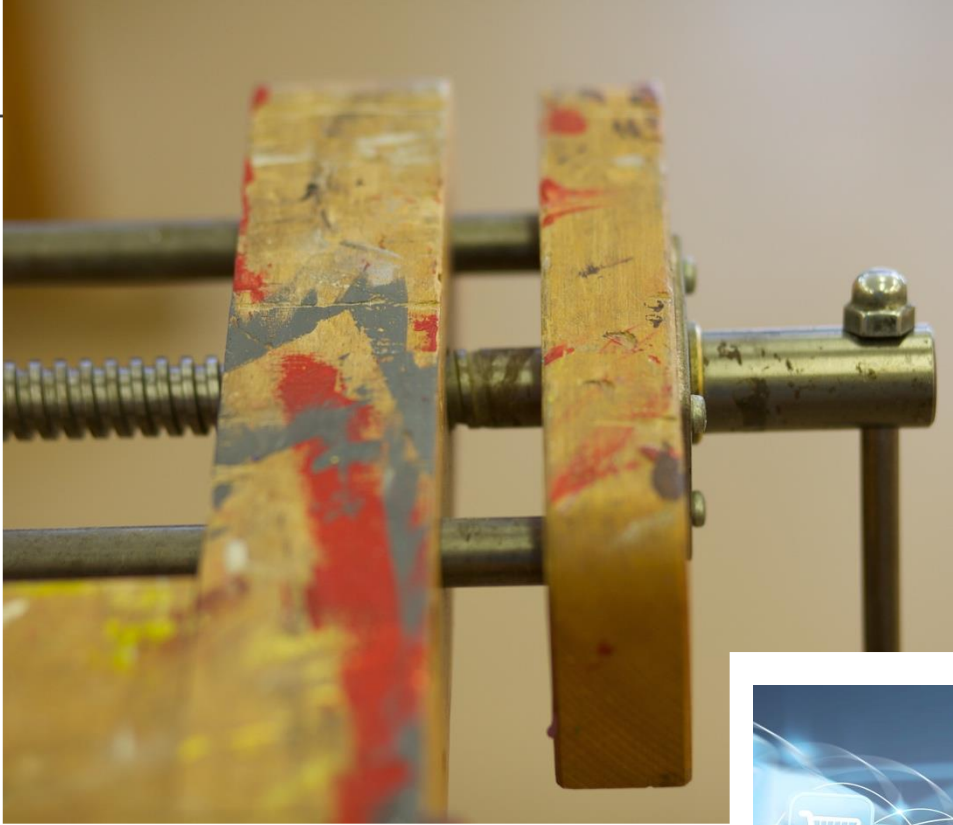




**PREVENT**



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**“ADD – VICE”**

**“INFORMATION”**





NEW

MINDSET

**“If you knew that the person in front of you, had the best solutions to their own problems, how could you support them?”**



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# Further Resources & CPD

1. Free CPD Resources
2. Peak Newsletter
3. Health Coaching & Beyond Podcast

Stay in touch



**CPD for Health and Wellbeing Coaches**  
RESOURCES



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# What will you do now?

**D**ecide what you want to focus on

What is the **O**utcome you want specifically?

What **I**deas have you got to achieve it?

At what **T**ime will you make a start?

DO'P'IT