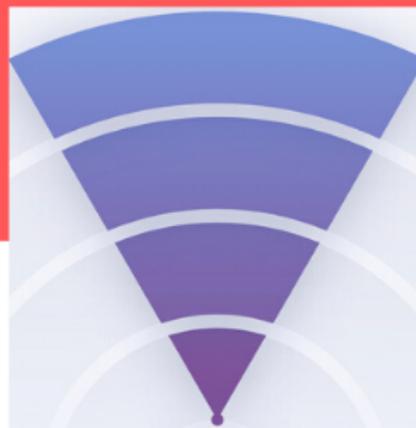


**1step2life**

log life. not pain.



## **Books on Pain<sup>1</sup>**

Nancy Darling, Ph.D.

### **Explain Pain. (2013). David Butler & Lorimer Moseley.**

NOI Group Publications.

978-0987342669

If you want a good, clear introduction to pain physiology written in a way anyone can understand, you can't do better than starting here. Whacky but informative illustrations and excellent explanations make this a favorite resource for both me and my students.

It is particularly outstanding in its focus on physical therapy and explaining the brain/body connection that is central to understanding chronic pain and pain rehabilitation.

## **Books on Children in Pain: Parenting & Techniques**

(All of these books are also excellent for adolescents and other people living with pain.)

### **Conquering Your Child's Chronic Pain. A Pediatrician's Guide for Reclaiming a Normal Childhood. (2005). Lonnie K. Seltzer & Christina Blackett Schlank.**

Harper Collins.

0-06-057017-2

This is the classic book provided to parents by many pain rehabilitation programs. Dr. Seltzer is one of the early leaders in pediatric pain rehabilitation. It provides a strong, clear introduction to the difference between normal functional pain that protects us from harm and chronic pathological pain. It summarizes how different types of pain medications work and lays the groundwork for understanding pain rehabilitation. The

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<sup>1</sup> 1step2life receives no remuneration for our recommendations of these books.



physiologic basis for maintaining functioning, yoga and other stress reduction techniques are described.

Although older, this book provides an invaluable foundation for understanding pain and modern pain treatment. When I first started this journey I found it incredibly helpful in understanding the way that pain works and why my son's doctors and therapists were treating pain as they were. It is still foundational to my thinking.

**When Your Child Hurts: Effective Strategies to Increase Comfort, Reduce Stress, and Break the Cycle of Chronic Pain. (2016). Rachel Coakley.**

Yale University Press.

13: 978-0300204650

Rachel Coakley is the Director of Clinical Innovation and Outreach in Pain Medicine at Boston Children's Hospital and developer of the *Comfort Ability* pain rehabilitation program. This one day workshop for parents and teens is available through 18 hospitals in the United States, Canada, and Australia.

This is one of the very best books describing the parenting dynamics of raising a child who lives with chronic pain. It provides deeply practical advice to help parents balance the maximum of challenge and maximum of support all children need to optimize development.

**Managing Your Child's Chronic Pain. (2015). Tonya M. Palermo & Emily F. Law.**

Oxford University Press.

978-0199330041

Tonya Palermo is one of the leading researchers in the area of pediatric pain and pain rehabilitation. While *Conquering Your Child's Chronic Pain* provides a strong background for understanding pain rehabilitation, *Managing* is a pain rehabilitation program in a book. It provides a shorter overview of basic pain physiology and the underlying theory of pain rehabilitation. However, the core of this book is a clear description of exercises designed to reduce children's pain. The book has particularly strong sections on biofeedback and meditation.

**The Chronic Pain and Illness Workbook for Teens: CBT and Mindfulness-Based Practices to Turn the Volume Down on Pain. (2019). Rachel Zoffness.**

New Harbinger Publications.

9781684033522



Dr. Zoffness is a clinical psychologist specializing in treating children and teens in chronic pain. This is an outstanding workbook to help teens and others in pain learn techniques for coping. One of the first and best things my son's neurologist did was refer him to a clinical psychologist who specialized in treating pediatric pain. The neurologist said that it was going to take a long time to find the underlying causes and an effective treatment for his illness. While we waited for that time to come, my son needed all the help he could get to cope with and thrive despite the pain. That's what this book provides.

These exercises are designed to help people learn to cope and live with pain. Combined with other lifestyle changes and proper treatment can help reduce pain over time.