

Pain Reprocessing Therapy (PRT) for Chronic Pain
A Training for EAPs and Employee Assistance Providers
Outline
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- The burden of chronic pain
- Chronic pain impact
- [Video: NBC News report on PRT](#)
- What is Pain Reprocessing Therapy (PRT)?
- What is neuroplastic pain
- The concept of neuroplastic pain
- Studies supporting the concept of neuroplastic pain
- [Video: the German car crash study](#)
- Study demonstrates effectiveness of PRT and is published in JAMA
- [Video: documentary that recreates “Effect of Pain Reprocessing Therapy vs Placebo and Usual Care for Patients With Chronic Back Pain” the largest fMRI randomized controlled trial challenging conventional wisdom about chronic pain, and revolutionizing treatment.](#)
- ICD-11 introduced a new diagnosis: Chronic Primary Pain

SESSION BY SESSION GUIDE TO PRT TREATMENT

PRT Session 1

- **Neuroplastic Pain Assessment**
- [Patient X: Small group exercise: reviewing/critique pain history of an actual patient](#)
- Session 1 homework: identifying barriers to overcoming fear response to pain

PRT session 2

- Review session 1 homework
- Concept of designated worry time
- **Somatic tracking**
- [Somatic tracking experience](#)
- Session 2 homework: create evidence list for neuroplastic pain

PRT Session 3

- Review session 2 homework
- Designated worry time
- **Understanding the 3 components of somatic tracking**
- [Video: Alan Gordon LCSW demonstrates sensory reprocessing](#)
- [Exercise: demonstration of short somatic tracking intervention](#)
- Session 3 homework practice somatic tracking

PRT Session 4

- Review homework
- Designated worry time

- The Process: A set of strategies aimed at maximizing corrective experiences and minimizing retraumatizations to gradually overcome pain.
- **Video: Alan Gordon LCSW demonstrates PRT with a patient who has unresolved fear of his pain**
- Avoidance Behaviors: an effective tool for overcoming fear.
- **Experience: Somatic tracking exercise**
- Session 4 homework: Feared activities and conditioned responses

PRT Session 5

- Review session 4 homework
- Designated worry time
- **Impact of anxiety, danger signals, depression, etc. on neuroplastic pain**
- **Video: Alan Gordon LCSW demo somatic tracking for anxiety**
- **Exercise: somatic tracking or safety**
- Session 5 homework: reprocessing unsafe emotions

PRT Session 6

- Review session 4 homework
- Designated worry time
- **Moving toward lasting change**
- The 3 R's and the 3 C's
- **Video: Quick Reprocessing Exercise to Eliminate Chronic Pain & Anxiety**
- Session 6 homework: Think about learned fears

PRT Session 7

- Review session 6 homework
- Designated worry time
- **Develop a foundation of self-compassion**
- **Video: Self compassion with Kristin Neff (9:22 - 16:53)**
- Session 7 homework: Taking care of your inner child:

PRT Session 8

- Review Session 7 Homework:
- Designated Worry Time
- **How to address chronic pain relapse/extinction bursts**
- The PRT Tool Box review
- Resources for additional information.

PRT applicability and positive impact on private practice, institutions, EAPs, etc.

Optional add-ons

Consultation on how to add/implement PRT to your EA practice or EAP