

Pain Reprocessing Therapy (PRT) for Chronic Pain
Overview for EA Professionals and EAPs
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
- ICD-11 introduced a new diagnosis: Chronic Primary Pain

SESSION BY SESSION GUIDE TO PRT TREATMENT

PRT Session 1

- **Neuroplastic Pain Assessment**
- [Patient X: 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**
- 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.**
- Avoidance Behaviors: an effective tool for overcoming fear.
- 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
- Session 6 homework: Think about learned fears

PRT Session 7

- Review session 6 homework
- Designated worry time
- **Develop a foundation of self-compassion**
- 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 EAPs, etc.