**Healing Reimagined Bibliography**

***30mins Discussion***

1. **How to open a patient to share a narrative**

-communication

-language

2. **Introduction to the Biopsychosocial and spiritual model of pain**

International Pain School. 2022. *Psychological Aspects of Managing Pain.*

Accessed June 8, 2022. < <https://slidetodoc.com/international-pain-school-psychological-aspects-of-managing-pain/>>

3. **Fear Catastrophizing Cycle of Chronic Pain**

Kevin Alschuler. (2023). Factors Contributing to Disability in a Chronic Low Back Pain Population: A Comprehensive Analysis Using Continuous Ambulatory Monitoring. [The-fear-avoidance-model-of-chronic-pain-Summarizing-Vlaeyen-and-Linton-2000-and-the.png (850×500) (researchgate.net)](https://www.researchgate.net/profile/Kevin-Alschuler/publication/265426792/figure/fig1/AS:669429293670422@1536615789660/The-fear-avoidance-model-of-chronic-pain-Summarizing-Vlaeyen-and-Linton-2000-and-the.png)

4. **ACE Score significance and relevance to palliative care**

Jane Stevens, editor & publisher. 2011. *What ACES do you have?* Accessed June 8, 2022.

< <https://acestoohigh.com/got-your-ace-score/>>

5. **Introduction in the how to incorporate spiritual care into ambulatory palliative practice**

***30 minutes in practice of restorative stretches***

**-participants will need to bring yoga mat & blanket/towel**

***15 minutes Discussion***

6. **Activity Rest Cycling**

Winger, Joseph G, et al. Meaning Centered Pain Coping Skills Training: A pilot feasibility trial of Psychosocial Pain Management Intervention for Patients with Advanced Cancer. *The Journal of Palliative Medicine.* 2021; 25(1): 60-69. https://doi.org/10.1089/jpm.2021.0081

7. **Language to provide perspective to Rest**

Medium Blog. 2021. *Alternatives to ‘I did nothing.’* Accessed June 30, 2023. [<https://fahinistric.medium.com/alternatives-to-i-did-nothing>](%3chttps://fahinistric.medium.com/alternatives-to-i-did-nothing%3e)

8. **Healing Reimagined patient and caregiver evaluation with discussion of current results**

**Healing Reimagined Bibliography**

***15 minute Break***

***45 minutes Art Creation and Play***

-Grace

How does one feel and reflect upon grace felt from spiritual means?

How does one feel grace towards and from others?

How does one feel and show grace towards oneself?

***15 minute Break***

***10 minutes Discussion***

**9. Inner Muse & Inner Critic Worksheets**

Carolyn Mehlomakulu. Facing the Inner Critic through Art. 2018. <[Inner Critic & Creativity Journal (mailchimp.com)](https://gallery.mailchimp.com/352c57765743ef298cc878ad0/files/9be6df77-adee-45d7-91d7-f324a8ac4d8a/Inner_Critic_Inner_Muse_Worksheet.pdf)>

***20 minutes Introduction to Healing Reimagined Sessions***

**10. Strengths**

[CliftonStrengthsQuickReferenceCard (1).pdf](file:///C:\Users\goetm1\Downloads\CliftonStrengthsQuickReferenceCard%20(1).pdf)

**11. Values**

[Dare to Lead | List of Values - Brené Brown (brenebrown.com)](https://brenebrown.com/resources/dare-to-lead-list-of-values/)

-Poetry Inspiration

Guided Practice

-Lament & Grief

Discussion of Grief cycles

Naming and leaning into anger

**12. Acceptance & Hope**

Wabi-Sabi Japanese Practice of Honoring the wisdom and beauty of imperfections

Emma Taggart. 2018. *Wabi-Sabi: The Japanese Art of Finding Beauty in Imperfect Ceramics*. Accessed June 30, 2023. <[Wabi-Sabi and Beautifully Imperfect Japanese Ceramics (mymodernmet.com)](https://mymodernmet.com/wabi-sabi-japanese-ceramics/)>

Connections and spiritual considerations of Serenity Prayer

* Gratitude & Resiliency