

# Information for patients and carers

## Pain Management Psychology Skills Practices

How to access the audio recordings for guided  
practice using SoundCloud

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue color, transitioning from a lighter blue at the top to a darker blue at the bottom.

## What are pain management psychology skills practices?

During your involvement with the staff in the pain management service, you may be introduced to pain management skills practices.

Pain management skills practices are a range of techniques that are based on our current understanding of the science behind how humans experience pain and how we can make use of our brains, bodies and nervous systems to help us respond and manage our pain in a way that can reduce the distress this may cause us.

These practices include a range of techniques including soothing rhythm breathing, dropping anchor and a mindfulness-based breathing space, as well as others that you can integrate into your everyday life, and which can support you to manage how you respond to your pain.

Over time, and by practising these techniques daily, you can help train your brain and body to respond to pain in a way that can reduce the distress associated with pain and support you to feel more able to manage it when it arises.

## How can I access the skills practice exercises?

The practices can be found online via 'SoundCloud'.

This is a website and app for sharing audio files.

Using SoundCloud you will be able to find the exercises on a computer, smartphone or tablet.

## To access online:

- Visit <https://soundcloud.com/painrph>
- You will see the page for the Pain Management Service of Royal Preston Hospital
- Click 'Playlists'

- You will see the Pain Management Psychology Skills Practices listed
- Click the track titles to listen to individual exercises. To play all the tracks one after the other click the big orange play button

## To access via smartphone or tablet:

- Search 'SoundCloud' in the Google Play Store (Android/ tablet) or the Apple Store (iPhone/ iPad)
- Install and open the SoundCloud app
- Search for 'Pain Management Service RPH'
- Tap the account called 'Pain Management Service (RPH)' (it will have a picture of the Royal Preston Hospital sign)
- Scroll to the bottom of this page to find the playlists
- Tap the track titles to listen to individual exercises
- To play all the tracks one after the other tap the big black and white play button

## Hyperlinks

If you are reading this leaflet via a smartphone, computer or electronic device, you can also access these recordings via the links below: -

Soothing Rhythm Breathing - <https://on.soundcloud.com/aS6HG>

Dropping Anchor - <https://on.soundcloud.com/gJBWt>

Safe Place Imagery - <https://on.soundcloud.com/PxMtl>

Breathing Space - <https://on.soundcloud.com/EqC67>

## Contact details

Should you require further advice or information please contact:

**Pain Management Service on 01772 522687**

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

<https://soundcloud.com/painrph>

<https://www.freemindfulness.org/welcome>

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**Please ask a member of staff if you would like help in understanding this information.**

**This information can be made available in large print, audio, Braille and in other languages.**

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