



**Empowered Relief™**

*Train your brain away from pain*

# Instructor Manual



**Stanford**  
MEDICINE



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Updated 2021

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## Recommendations for “Empowered Relief” Workshop Participants

- Read the instructor manual TWICE *during* the workshop
- Read manual 2-3 times AFTER the workshop
- Create your own speaker notes for each slide in the presentation deck
- Buddy up in groups of 3. Give practice talks over Skype/Zoom. Provide constructive peer feedback.
- Read the primary science articles in your binder, as well as those emailed to you in a collated PDF (includes the entire PCS user manual). Anticipate patient questions and be prepared to answer them.
- Deliver one SMALL practice class to real patients within 7-8 weeks following your certification workshop.
- We will host a 75-minute webinar 9-12 weeks of your certification workshop to debrief on your progress, including your experience with your first patient class. We will record this meeting on Zoom for participants who are unable to attend and wish to access the webinar.



## **Tips for Becoming a Confident “Empowered Relief” Instructor**

- Practice! You will gain proficiency quickly if you practice the material (not unlike the messages you are giving to your patients!)
- Say it out loud: Verbal rehearsal will facilitate encoding of information.
- If you will deliver the class standing, practice standing as well.
- Take detailed notes on your slides and find your voice for the material.
- Create time markers in your slide deck and notes so you stay on time. Have a clear sense of where you need to be at each 30-minute time point.
- Know the science, be familiar with the slides and notes, and bring your warmth and humor to each class: You got this!!
- Have fun delivering the class, your audience will enjoy it too.
- Maintain your skills by delivering a class every month or so until memorized; quarterly thereafter.

## **Instructor Materials**

- (1) Instructor Manual
- (2) Empowered Relief PowerPoint slide deck
- (3) Background scientific articles
- (4) Empowered Relief Participant Materials
  - a. Pain Catastrophizing Scale (lightly colored paper)
  - b. Empowered Relief slide handout PDF  
(4 slides per page; color copies)
  - c. Personalized Plan for Pain Relief  
(choose a different lightly colored and cardstock weight paper)
  - d. Audio file link and/or jump drive

## **Additional Materials**

- Sign-In Sheet
- Several pens
- Nametags
- Light refreshments
- Watch or clock so you can monitor the time

## In-Person Class Format and Set-Up Details

- Class is 2+ hours in length
- Ideally, deliver the class where patients receive their pain care
- Consider mandatory registration for the class
- Reminder phone calls are encouraged
- Patients are encouraged to bring a guest with them
- Encourage participants to arrive 15 minutes early
- Set up a sign-in sheet with field for email addresses
- Provide pens for participants to borrow to complete forms
- Name tags are optional
- Print the PCS “pain survey” on lightly colored paper
- Print the Personalized Plans on a different, lightly colored cardstock paper
- Distribute the PCS “pain survey” at arrival and ask everyone to complete the form before class begins
- Encourage all guests to complete the PCS as well
- Provide light refreshments if possible
- Display screen should be clearly visible for all participants
- Be present in the classroom 30 minutes prior to the start of the class to welcome participants and guest, orient them to sign-in, and distribute the PCS to them.

## Online Class Format and Set-Up Details

- Class is 2+ hours in length
- Consider mandatory registration for the class
- Email or mail them the PCS form and the Personalized Plan for Pain Relief so they have both in front of them for the class. Ask them to complete the PCS before the class begins.
- You may choose to also email or mail a brief handout describing how to login to the online class, how to mute, and how to ask a question during the class.
- Reminder phone calls are encouraged the week of your class.
- If possible, know in advance who has low tech-literacy and provide support.
- Patients are encouraged to have a family member or friend with them during the class.
- Encourage participants to join the online meeting 15 minutes early to test tech.
- As people join the class, ask if they have their PCS and Personalized Plan in front of them. If not, email it to them quickly. As a back-up plan, they can follow along on the PowerPoint.
- Ask them to have a pen or pencil and a piece of paper handy.
- Be online at least 20 minutes prior to the start of the class to welcome participants and their guests, orient them to the process, and ask them to complete their PCS form.
- Orient the class to the “mute” function, and how they may notify you if they have a question.

**For questions about “Empowered Relief” please reach us via email at**

[EmpoweredRelief@stanford.edu](mailto:EmpoweredRelief@stanford.edu)

You may also contact Dr. Darnall directly:

Beth Darnall, PhD  
Director, Stanford Pain Relief Innovations Lab  
Associate Professor  
Stanford University School of Medicine  
Department of Anesthesiology, Perioperative and Pain Medicine  
Email: [bdarnall@stanford.edu](mailto:bdarnall@stanford.edu)

**For information on upcoming instructor certification workshops visit:**

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