

Self Management/Education

Live Plan Be – Learn about the science behind chronic pain, keep track of your symptoms and their impacts, develop a plan for better pain management and quality of life, connect with a like-minded community of others who live with pain. www.liveplanbe.ca

Pain BC – Offering tools and resources for people living with chronic pain. www.painbc.ca

Canadian Institute for the Relief of Pain and Disability (CIRPD) – Articles and webinars on chronic pain and self-management. www.cirpd.org

painACTION – Learn about various forms of pain, self-management, communication, emotional coping skills, medication safety, and how to be in control of your pain condition, including tracking the occurrence of pain. www.painaction.com

Life is Now – Offering pain management and yoga courses, retreats, products, and online services to support people living with pain and promote self care processes. www.lifeisnow.ca

RISE Above Pain Society – Free 8-week Integrative Chronic Pain Self-Management workshops helping people become self-

sufficient in improving their health through an integrated approach: education, yoga/movement therapy, CBT/somatic therapy, goal-setting, etc. riseabovepainbc@gmail.com

Chronic Pain Management Group – RISE BC – Learn practical ways to live a full life with chronic pain. Facilitated by trained practitioners. Thursdays 3:00 - 4:00pm. office@risebc.com

Nelson People in Pain Support Group – Shambhala Meditation Centre, first Tuesday of the month, 1:30pm. dick@pipain.com

Chinese Holistic Health Exercises – <http://bit.ly/breathexer>

Inner Health Studio – Progressive relaxation & guided imagery; coping skills info. www.innerhealthstudio.com

Are there resources you'd like to see on this list?

Email kbdctors@divisionsbc.ca

Let's work together to treat Chronic Pain SERVICES IN NELSON & AREA



Medical & Therapeutic

Dr. Joel Kailia – RISE BC – MD specializing in chronic pain offering pain assessments and management plans, diagnostic and treatment injections for pain conditions, pain medication review, and opioid replacements. Nelson 250-352-5259 risebc.com

Dr. Devon Christie – RISE BC – MD; Certified Functional Medicine Practitioner, Mindfulness Based Stress Reduction (MBSR) Teacher, Relational Somatic Therapist. Ultrasound Guided pain injection training, prolotherapy, pain medication review, Functional Medicine lifestyle review and recommendations, trauma-release therapy (paired with injection treatments), Group Relaxation Acupuncture drop-in class. Nelson 250-352-5259 risebc.com

Dr. Rodica Janz – Solis Integrative Health Centre – Bsc (Kinesiology), MD, CCFP, CGIMS, chronic pain management through assessment of body alignment, education and counselling, strengthening exercises, Gunn IMS (intramuscular stimulation), trigger point and Botox injections, joint injections, medication management, prolotherapy and perineural injections. Nelson, 778-774-7442 solishealth.ca

Cognitive Therapy

Dr. Sarah Sherrard – Psychotherapy incorporating Cognitive-Behavioural Therapy (CBT), mindfulness, and Dialectical Behavior Therapy (DBT) techniques to assist clients in learning adaptive pain coping skills. Nelson, Castlegar, Slocan 250-777-3017 drsarahsherrard.com

Jakalin MacGregor – MSW RSW - Elephant Mountain Counselling - Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), clinical hypnosis, stage-based trauma treatment, and guided relaxation. Holistic approach to treating chronic health issues, depression, anxiety, and trauma. Nelson 250-505-4128 elephantmountaincounselling.ca

Sandy Maclean – MA RCC – Nelson Counselling - Cognitive Behavioural Therapy (CBT), somatic experiencing, mindfulness based counselling, emotionally focused therapy. Nelson 250-509-1092 nelsoncounselling.com

Tara Emery – RISE BC – BSW RSW – Cognitive-Behavioural Therapy (CBT) and Somatic Relational Therapy for chronic pain working within interdisciplinary pain clinic; individual and group sessions. Nelson 250-352-5259 risebc.com

Body Work

Kootenay Health Services – Case management and coordination of rehab services for clients with chronic pain; functional capacity evaluation, functional and ergonomic assessments. 9 clinicians experienced in chronic pain providing Intramuscular Stimulation (IMS), Manual Therapy, Hand Therapy, Occupational Rehabilitation. Nelson 250-352-1116 kootenayhealth.com

Blackbird Physiotherapy – Hand to Shoulder Centre - Certified Hand Therapists and Physiotherapists providing hand to shoulder therapy for acute/chronic pain; Manual Therapy, Neural Mobilization, Craniosacral Therapy. Nelson 250-352-1100 www.blackbirdphysio.com

Active Balance Health Centre – Dr. Michael Brennan, BSc., DC, a chiropractor with a special focus on concussion management, sacro-iliac low back pain, and shoulder injuries; Jen Potts, BKIN, a Kinesiologist focusing on chronic pain, injury rehabilitation and manual therapy; and Lindsay Morris, Dipl. Dr. TCM, R. TCMP, B. Ed, a licensed Traditional Chinese Medicine (TCM) practitioner, acupuncturist and herbalist. Nelson, 250-352-5135, activebalancechiro.ca

RISE BC Wellness Centre – Certified Yoga Therapist and Kinesiologist providing safe movement and postural alignment, trigger point release, postural assessment, movementpattern analysis, corrective exercise prescription. Group classes: Yoga, Therapy Ball Release, Group Relaxation Acupuncture, Chronic Pain Group. Nelson 250-352-5259 www.risebc.com

Kokanee Physiotherapy Clinic – Intramuscular Stimulation (IMS), Acupuncture, Craniosacral Therapy. Nelson 250-352-7030 www.kokaneephysiotherapy.com

Shannon Dikkema – Registered Therapeutic Counsellor specializing in trauma re-negotiation and chronic pain syndromes, Relational Somatic Therapy, Yoga for Chronic pain and Mindfulness Based Stress Reduction. Nelson 250-505-9763 or shannondikkema@gmail.com

Solis Integrative Health Centre – Acupuncture/Chinese Medicine, Kinesiology, Physiotherapy, Indigenous Medicine, Kundalini Yoga, Osteopathy. Nelson, 778-774-7442 solishealth.ca