

Supplementary Material

Overview of the CBT-Chronic Pain arts-based group intervention for adults with non-malignant chronic pain

University Pain Management Unit - "ATTIKON" Hospital

	Modules	Creative arts VLAS' theme	Homework assignments	Objectives	References
Initial Treatment Phase	Session 1. Pain Education: The Brain in Pain -Rationale for Cognitive Therapy-Flow	"Pain that hurts, pain that changes"	-CBT-CP Handouts(<i>The pain neuromatrix Model & CBT-CP Model</i>) & H/W -Expressive Writing "Self-portrayal"	-Health literacy -Optimism - Self-awareness -Awareness of others	-Melzack, 1999 -Kelly & Rodriguez, 2006 -Colom et al., 2006 -Csikszentmihalyi,1990
	Session 2. Positive well-being: Engaging in Creative arts VLAS can build resilience	(1/3) "The Pain puzzle"	-CBT-CP Handouts(<i>Creativity & well-being</i>) & H/W -Expressive Writing "What my miracle looks like"	-Self-expression -Positive affect -Strengths monitoring -Stress-management - Absorption -Exploring new coping responses -Self-efficacy	-Wolin & Wolin, 1993 -WHO What is the evidence on the role of the arts in improving health and well-being? A scoping review, 2019 -Jahoda,1958;Ryff, 2014; Keyes & Grzywacz,2005 -Miller & Berg, 1995
Cognitive & Behavioral Skills Building	Session 3. Identifying Automatic Thoughts leading to interruption of well-being	"Inside Out"	-CBT-CP Handouts(<i>Chronic pain-Chronic stress</i>) & H/W -Expressive Writing "Art imitates life"	-Self-management -Problem solving -Coping -Savoring -Absorption -Experimentation and exploration	-Lazarus & Folkman,1984 -Folkman & Moskowitz,2000 -Bryant,2003;Seligman ,2011
	Session 4. Examining our Thoughts and Creating new ones	(2/3) "Rethinking the Pain puzzle"	-CBT-CP Handouts(<i>The Biopsychosocial Model</i>) & H/W -Expressive Writing "Everything flows"	-Experimentation and exploration - Positive affect - Stability of focus -Self-efficacy -Absorption	-Gatchel et al., 2007 -Quoidbach, Mikolajczak, & Gross,2015 -Csikszentmihalyi,1990, 2009
	Session 5. Pain Coping: Establishing Optimal experiences as it relates to Cognitive Coping	"Visual Language"	-CBT-CP Handouts(<i>Chronic Pain Cycle</i>) & H/W -Expressive Writing "If only I..."	-Self-expression -Stress-management -Problem solving - Optimism - Flexibility -Experimentation and exploration	-Fava, 2016 -Beck et al.,1979 -WHO Thirteenth General Programme of Work
	Session 6.		-CBT-CP	-Self-Acceptance	-Laevsky, et al., 2011

Discharge Phase	Pain-Specific Deeper Dysfunctional Beliefs according to well-being dimensions	<i>"Value your life"</i>	Handouts(<i>Overactivity Cycle</i>) & H/W -Expressive Writing <i>"My personal values"</i>	-Absorption -Positive Relations with Others -Autonomy -Personal Growth -Purpose in Life -Environmental mastery	-Persson, Veenhuizen, Zachrisson,& Gard, 2008
	Session 7. Coping Self-Statements	<i>"No, the world is not broken"</i>	-CBT-CP Handouts(<i>Coping Statements</i>) & H/W -Expressive Writing <i>"How far I've come!"</i>	-Problem solving - Control -Self-efficacy -Strengths monitoring	-Meichenbaum, & Turk, 1976 -Roditi, Robinson, & Litwins,2009
	Session 8. Expressive Writing: another way of Pain Coping	<i>"Surviving pain"</i>	-CBT-CP Handouts(<i>Pain-Sleep Interaction</i>) & H/W -Expressive Writing <i>"Self-compassion Letter"</i>	-Reflection on experiences -Self-expression - Positive affect -Self-management -Self-acceptance -Strengths monitoring	-Onen et al.,2001 -Pennebaker,2007 -Fredrickson, 1982,2013 -Neff and Lamb,2009; Smeets et al.,2014
	Session 9. Assertive Communication	<i>"Listen to yourself"</i>	-CBT-CP Handouts(<i>Discharge Planning</i>) & H/W -Expressive Writing <i>"Best Possible Self (BPS)"</i>	-Problem solving -Assertiveness -Awareness of others -Maintenance plan	-Boothby, Thorn,Overduin, & Ward, 2004 -Peterson & Seligman, 2004 -Senf & Liau, 2013 -Sheldon & King, 2001; Peters, Flink, Boersma, & Linton,2010
	Session 10. Final Session: Putting It All Together	(3/3) <i>"Solving the Pain puzzle?"</i>	CBT-CP Handouts (<i>The intervention Toolbox & "Positive Living"</i>)	-Maintenance plan -Acceptance -Coping -Self-management -Integration -Adjustment	-Ambrosio et al., 2014 -Kralik, 2005; Kralik & Van Loon,2009

CBT-CP: Cognitive Behavioral Therapy for Chronic pain; VLAS: Valued life activities (wide range of activities that individuals find meaningful/pleasurable, above and beyond activities necessary for survival/self-sufficiency)

APPENDIX B

The standard session structure of the CBT-Chronic Pain arts-based group intervention for adults with non-malignant chronic pain

University Pain Management Unit - "ATTIKON" Hospital

	Preparatory work (~30min)	Psychoeducation (~30min)	Image-making phase (~35-40min)	Homework assignments(~15min)	Brief post-session questionnaire(~15min)	Session ending
Session (~2h)	All group sessions begin with a review of the previous week's session and a thorough review of homework	Exploration of concepts of Pain Education, CBT-CP Model, Creative arts VLAS, and Positive well-being (Melzack, 1999; Colom et al., 2006; Csikszentmihalyi, 2009) One or more new concepts are presented in the form of treatment objectives for the session	CBT-CP oriented image making themes allow patients to activate sensations, emotions, and cognitions in line with the Expressive Therapies Continuum (Hinz, 2015) Step 1. Opening. When everyone is seated with a sheet of white paper in front of them, we suggest they relax (flow activity), touch the paper, placing one hand on it, and listen to the instructions for image making. The patients are reassured that their image will be accepted without judgment. Step 2. Image Making and Title. We explain the image-making process for the session that usually involves adding a title as it is a meaning-making activity which could be revealing and therapeutic. Step 3. Distancing and Silent Observation. All images made by members are placed at a certain distance away on a wall for easy viewing and silent sharing. Step 4. Verbal Sharing. Verbal sharing becomes the best moment for patients to use their communicative capacities. Step 5. Closing. Closing is a time for participants to socialize with each other while the images made that day are taken down, and we show where they will be stored to be kept safely.	The worksheets and handouts give patients a sense that a systematic approach is underway, which fits nicely with the CBT-CP Model We must continually reinforce the fact that practice helps patients to consolidate what they have learned in session.	We ask patients to reflect and write down two to three things they learned in the session that they can use now and in the future.	At the end of each treatment module, the patients are provided with a simplified session outline as a treatment tool.

CBT-CP: Cognitive Behavioral Therapy for Chronic pain; VLAS: Valued life activities (wide range of activities that individuals find meaningful/pleasurable, above and beyond activities necessary for survival/self-sufficiency)