

take *courage* coaching®



When asked what qualifies her to coach people with chronic pain, **Becky Curtis**, certified Pain Management Coach and **founder of Take Courage Coaching®**, often replies, "I have it." Overwhelmed by burning nerve pain following a spinal cord injury in 2005, Becky discovered the secret to managing pain was only a secret because an effective system for implementing patient compliance to science-based modalities had yet to be discovered. Knowing from personal experience that coaching is the best approach to motivate people and encourage personal use of strengths, she founded Take Courage Coaching® to provide this much needed service to those with chronic pain. Becky understands how the latest in brain science relates to chronic pain and translates this knowledge into terms the average person can understand and use. The results are transformative. She has been a regular speaker at PAINWeek® and numerous Workers' Comp conferences, trains coaches, and travels extensively speaking to medical and payer groups about the role of coaching in chronic pain management.

“ This was an amazing lecture and the most passionate and compassionate lecturer I had the privilege to listen to in a long time. Her first-hand experience in moving from chronic pain victim to champion is inspiring. We need more people like her to help us “pain managers” learn to move our patients from victim to self- directed “copers.”

~ PAINWeek Attendee

“ I have had the pleasure of working in collaboration with Take Courage Coaching and its founder, Becky Curtis. TCC has developed a disciplined program for chronic pain patients. Becky is a trustworthy and dedicated healer. It is truly inspiring to be in her presence. The outcome data she is tracking thus far substantiates the efficacy of TCC. Vanderbilt Center for Integrative Medicine looks forward to a long-term relationship with TCC.

~ Roy Elam, Vanderbilt Center for Integrative Health

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MOST REQUESTED KEYNOTES, BREAKOUTS & WORKSHOPS

Courage to Change: Tools for Helping Patients Embrace Self-Management and Identify Strengths for Change. Evidence suggests that coaching methods can help patients move from an unhealthy dependence on healthcare professionals to ownership of their own pain management strategies. Becky Curtis will discuss ways to empower the patient by using Motivational Interviewing to increase a patient's readiness to change, and Appreciative Inquiry in identifying the strengths they can use to succeed.

"Cure me, or I give up!" The Role of Acceptance in Patient Self-Management. The doctor's dilemma is helping CP patients move beyond a "cure me" mentality towards self-management. Becky Curtis shares her own story and that of others she has coached, focusing on the role acceptance has in moving chronic pain patients from victim to pain manager. Included are tips on how the coach approach can move a patient towards acceptance.

Essential Ingredients of Self-Management. Certain key elements have been shown to decrease the experience of pain and lead to a better overall quality of life for chronic pain patients. In this workshop, Becky Curtis identifies some essential ingredients to an effective self-management strategy and suggests ways to motivate patients to implement these changes in their lives.

Neuroplasticity and Pain Management: How Pain Coaching is Changing the Landscape. Discover how coaching utilizes the newest science of neuroplasticity to give chronic pain patients tools for managing pain, rebuilding productive lifestyles, and putting themselves on an upward and onward path. Becky illustrates the role coaching has in increasing functionality.

Neuroplasticity and Pain Management: How to Integrate Pain Coaching into Your Practice. Learn strategies for integrating a coaching model into your practice—environmental considerations and tools for patient communication.

Rewiring the Chronic Pain Brain: Coaching As a Means to Patient Transformation—Part 1. Participants will learn how the patient's focus on being cured contributes to an increase in the pain experience. Through an understanding of how negative thought patterns create a brain-body loop that accentuates pain, practitioners will learn coaching techniques that guide patients to "rewire" their brains for a transformed experience with pain.

Rewiring the Chronic Pain Brain: Coaching As a Means to Patient Transformation—Part 2. Participants will learn the power gratitude has in building a pain-resistant ("Teflon") brain, and the benefits of movement and relaxation for rewiring the chronic pain brain. Coaching techniques enable practitioners to share these elements with chronic pain patients.

“What an excellent presentation. Mrs. Curtis' coaching methods can be incorporated into my practice of treating chronic pain patients. This can help some of my most difficult pain patients.

~ PAINWeek attendee

PARTIAL LIST OF SPEAKING ENGAGEMENTS

PAINWeek™—National Conference on Pain for Frontline Practitioners

Montana Pain Initiative

Numerous State Workers' Compensation conferences, including Comp Laude Awards & Gala

Senior and Long Term Care Conference, Great Falls, Montana

Missoula Care Givers Conference

Legal conferences

Montana Governor's Conference

Vanderbilt Dayani Center for Health and Wellness, Vanderbilt University Medical Center

Life Care Planning Conference

Bozeman Hot Springs Healthy Living Presentation

take *courage*
coaching® 

“ I was not aware that pain coaching existed...hearing this from someone who truly understands and lives with chronic pain was very valuable and inspiring. It reaffirms how chronic pain does not need to remain an obstacle but can be pushed aside to allow a person to function with the right approach.

~ PAINWeek attendee