

FOR THE HEALTHCARE PROFESSIONAL

Who we are:

Chronic Pain Anonymous (CPA) is a growing Twelve Step Fellowship of people seeking relief from the mental, emotional, and spiritual debilitation that result from living with chronic pain and chronic illness.

- CPA meetings are not led by a counselor or therapist; CPA is not group therapy; CPA is a peer network that can complement professional treatment options.
- No advance notification, appointment, or written referral are necessary to attend a CPA meeting. Anyone experiencing chronic pain and/or chronic illness is welcome to attend.

How much does it cost?

There are no dues or fees to participate in CPA. We are self-supporting through our own voluntary contributions.

Who are CPA members?

- Members may experience pain and/or illness due to congenital disorders, accidental injuries, surgery, and many other medical conditions, which may persist, recur, progress, or improve over time.
- Our membership is diverse in age, race, ethnicity, culture, faith, country, citizenship status, gender identity and gender expression, and sexual orientation. Thus, each member has a unique CPA recovery journey based on their own lived experience.
- Some members work and/or attend school while others do not. We have a wide range of abilities.

How is recovery defined in CPA?

Our problem is an obsession with our bodies and our health, which can lead to resentment, anger, grief, depression, and fear. We often find ourselves isolated, alienated from loved ones, and unable to experience serenity or happiness. CPA defines recovery as the ability to live peacefully, joyfully, and comfortably with ourselves and others.

Anonymity and confidentiality

Anonymity is the foundation of CPA's Twelve Step recovery program. Who is present and what is said in a CPA meeting must be held in confidence, thus providing safety and freedom for all to share. Members' faces and full names are never made public.

What can we do for you?

- We are happy to provide speakers and literature for conferences, workshops, and meetings. CPA staff and members from around the world are available to provide a national or local perspective, depending on your needs.
- We are available to present at schools, colleges, institutions, and facilities.
- CPA invites professionals to attend "open" meetings to observe and learn. Your questions are welcomed during fellowship time, after the meeting has ended. Attendance at "closed" meetings is limited to those who experience chronic pain and chronic illness.

How can Healthcare Professionals cooperate with CPA?

Referring CPA as a resource for those living with chronic conditions is an additional way to support your patients and clients. CPA members report improvements in many areas of their lives, which they attribute to their CPA attendance. For more detailed information, please refer to our internal surveys: <https://chronicpainanonymous.org/about-cpa/membership-survey-reports/>

Healthcare Professionals can also:

- Allow time for CPA meeting attendance during inpatient programs.
- Suggest CPA as part of treatment or aftercare.
- Start a meeting. Professionals can initiate the formation of a CPA meeting. However, after the group has started, members facilitate the group.

The CPA fellowship cooperates but is not affiliated with any outside organizations or institutions. Simply put, Healthcare Professionals are welcome to suggest CPA. However, CPA cannot endorse healthcare providers or programs.

Q&A

Is there a registration or intake process necessary to attend meetings?

There is no need to register. Anyone is welcome to attend meetings. You can find more information about our meetings on our website. Along with local face-to-face meetings, there are telephone, video conference, and online groups that enable people to attend meetings without having to leave their home or care facility.

Is CPA religious?

CPA is a spiritual program and is not allied with any religion. Religious beliefs or lack of them are a personal choice. Members refer to a Power greater than themselves, and each person is free to choose how to define this Power.

Does CPA recommend medical care?

As guided by our principles, CPA must remain forever nonprofessional. CPA has no opinion on and does not recommend or provide any sources of professional help. The position of CPA is that members' medications and medical care are between the individual and their healthcare provider(s). Medications and treatment programs are not discussed at our meetings.