

Recognizing and treating pelvic pain in women

July 26, 2023

The Practising Well Community of Practice (CoP) is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. The CoP is one component of the **OCFP's Practising Well program**. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**.

General Resources

- Practising Well - <https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well>
- Peer Connect (mentorship program) - <https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-connect>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Resource	Type	Link
International Pelvic Pain Society	Organization	https://www.pelvicpain.org/
Information for the patient from Pelvic Health Solutions	Patient Resources	https://pelvichealthsolutions.ca/knowledge-base/for-the-patient
Chronic Pelvic Pain (Journal Article) - Rapid overview of Pelvic Pain	Scientific Review	https://www.ncbi.nlm.nih.gov/books/NBK554585/#:~:text=Chronic%20pelvic%20pain%20can%20be,the%20United%20States%20is%20affected
HealthLink BC on Pelvic Pain	Resources	https://www.healthlinkbc.ca/health-topics/chronic-pelvic-pain
SOGC Guideline on Pelvic Pain	Clinical Guideline	https://www.acog.org/womens-health/faqs/chronic-pelvic-pain
Acceptance & Commitment Therapy (ACT)	Physician Resources	https://contextualscience.org/
Real Behaviour Change in Primary Care by Patricia J. Robinson, Debra A Gould, and Kirk D. Strosahi	Book for Practitioners	https://books.google.ca/books/about/Real_Behavior_Change_in_Primary_Care.html?id=V2uf3h17FD4C&source=kp_book_description&redirect_esc=y
Psychwire	Course for Practitioners	https://psychwire.com/harris/courses?gclid=EAlaIqobChMlior38ZKo7A1VUNbACh0gmQvdEAAAYASABEgl0dvD_BwE
U of T Psychotherapy Course	Course for Practitioners	https://www.cpd.utoronto.ca/cpfm/
The Mindful Way Workbook by John Teasdale, Mark Williams, et al.	Book	
The Happiness Trap by Russ Harris	Book	

**ACT Made Simple: An Easy-to-Read Primer
on Acceptance and Commitment Therapy by
Russ Harris**

Book

List of mindfulness programs in Ontario

Programs

<https://www.camh.ca/-/media/files/community-resource-sheets/mindfulness-resources-pdf.pdf>