

## **Psychological Counseling in Outpatient Amplified Musculoskeletal Pain Syndrome (AMPS) Treatment**

- The Goal of AMPS treatment is to:
  - Decrease avoidance of stress
  - Help the patient learn tools to effectively cope with stressors in their life
- Stress is a part of everyone's life. It can come in many forms, including:
  - A negative event (family illness, final exams, a fight with a friend)
  - A positive event (graduation, play-off game, getting a new job)
  - Emotional symptoms (depression, anxiety)
  - Certain personality types (high achiever, perfectionist, caretaker)
- Triggers for stress vary among individuals:
  - major life events
  - daily struggles
- Stress seems to play an important role in worsening/maintaining AMPS.
- Pain can also cause stress:
  - Children and teenagers have stress in their daily lives.
  - Combining pain and stress together can cause disruptions in:
    - grades
    - mood
    - sleep
    - social relationships
    - athletic performance
- In weekly counseling sessions, the child/teenager will learn to:
  - Identify and address stressors impacting their pain
  - Learn coping skills to manage pain symptoms
- Family/sibling counseling may be helpful in providing support to a family member who has a loved one with chronic pain or who is experiencing their own chronic pain.
- The AMPS psychologists can help to educate outside providers on AMPS with the completion of a Health Insurance Portability and Accountability (HIPAA) form:
  - diagnosis
  - treatment
  - therapy recommendations
- For help with coordinating treatment with outside providers and HIPAA forms, contact us at [AMPSPProgram@email.chop.edu](mailto:AMPSPProgram@email.chop.edu).