Docket #: S21-332

Empowered Relief

The Problem: Chronic pain is best treated with a 'whole-person' approach that include behavioral/psychological approaches to pain self-management. Effective behavioral pain treatments for typically involve 6-12 sessions and up to 24 hours of treatment time, making them costly, burdensome, and inaccessible or infeasible for the majority of the 100 million Americans living with ongoing pain.

The Solution: Empowered Relief™ is a Stanford-owned innovation created by Beth Darnall, PhD. It is a single-session, 2-hour pain management class that rapidly equips attendees with effective pain relief skills. Four separate randomized controlled trials conducted at Stanford University confirm that Empowered Relief™ is effective for managing a range of symptoms 3 and 6 months after receiving the single-session class. A recent NIH-funded randomized controlled trial confirmed that Empowered Relief™ is non-inferior to 8-sessions (16 hours) of cognitive behavioral therapy 3 months posttreatment.

Since 2019, Beth Darnall has been delivering Empowered Relief™ certification workshops to clinicians (300 certified instructors to date). Empowered Relief™ is available in 6 languages and is being delivered in 12 countries.

Applications

- Empowered Relief™ may be delivered in-person or online and integrated into any pain care pathway (primary care, senior centers, pain clinics, surgery centers, dental clinics, and in payor systems and health networks). As two examples, Cleveland Clinic has Empowered Relief™ embedded into spine surgery (all patients receive it prior to surgery). Humana offers Empowered Relief™ to members nationally through its Neighborhood Centers program.

Advantages

- Empowered Relief™ is upending how pain is treated worldwide by providing efficient and effective behavioral pain care that can be delivered by any certified instructor of any clinical discipline. Empowered Relief™ is low-cost, low-burden and has the ability to greatly reduce pain care disparities. Online Empowered Relief™ makes possible home-based non-pharmacologic pain care.

Innovators

- Beth Darnall

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