Healthy mind, healthy body
A relationship that works
Good health means more than just physical well-being; it includes mental and emotional well-being. Mental and physical health are strongly linked. If mental health is compromised, it can affect physical health and vice versa. Treatments for mental health disorders can improve physical health and vice versa.

Dr. Lynne Robinson, Registered Psychologist and APNS President-elect, initiated and led a cancer awareness and prevention day at Dalhousie University – “Dalhousie Stands up 2 Cancer.”

Dealing with chronic pain
When pain lasts longer than three months, or beyond the usual time for recovery, it is said to be chronic. Chronic pain may be acute or ongoing and may be caused by injury, disability, such as cancer, arthritis, trauma, or a combination of these. Chronic pain, like many other outcomes, has a significant impact on the quality of life with a variety of consequences for the individual suffering from it and for caregivers, family members, and society.

Psychologists are required by law to deliver competent, ethical, and professional services. Psychologists must

- treat children, adults, couples, families
- design, conduct and communicate psychological research

Psychologists are licensed professionals and that is important because licensing protects the public. Important fields professional is no standard and makes them accountable.

Psychologists are required to be knowledgeable about the evaluation and treatment of chronic pain. Chronic pain is a complex issue with a variety of causes and possible treatments. It is important to have a team approach to treatment, involving physicians, nurses, physical therapists, and other health professionals. It is important to find a provider who is experienced in treating chronic pain.
Cognitive Behavioural Therapy (CBT): aims to help people think and behave in more adaptive ways, as physicians and therapists work with them to change their thinking patterns and behaviors. CBT is effective for many different conditions, including depression, anxiety, and chronic pain. It is also recommended for people who experience chronic pain, as it can help reduce the impact of pain on quality of life, reduce disability, and increase functioning in many life domains.

Chronic pain is an ongoing pain that persists for more than 12 weeks and is often described as "aching," "burning," or "sharp." The pain may be constant or intermittent and may be localized to a specific area or spread throughout the body. Chronic pain can be caused by a variety of conditions, including arthritis, diabetes, and cancer.

Psychologists take on important role in healthcare

Psychologists are uniquely qualified to help people manage chronic pain. They can help patients develop coping strategies, reduce stress, and improve their overall well-being. They can also help patients set realistic goals and develop a plan for managing their pain.

In conclusion, chronic pain is a complex and often debilitating condition that requires a multidisciplinary approach to management. Psychologists can play an important role in helping people manage chronic pain and improve their quality of life.