

Below are Links to handouts on clinical topics commonly of interest in Dr. Rotchford's specialized practice, with subsections based on specific subjects:

[Pain Management](#)

[Acupuncture](#)

[Substance Use Disorders](#)

[Brain Health](#)

[Anxiety & PTSD](#) *klolmollllll lol lolllllll*

General Topics

- [Anger Appreciation](#) - J. K. Rotchford, M.D.
- [Anger Management in Addiction.doc](#) - J. K. Rotchford, M.D.
- [ADHD Questionnaire](#) - OPAS
- [Advice for Adults with ADHD](#) - ADD resources newsletter
- [Adult ADHD and management thereof with 50 Tips](#) - Edward Hallowell, M.D.
- [ADHD and Relationships](#) - This is online and free but quite informative. Who would have thought such predictable effects on our relationships?
- [Behavioral Change Plans](#) - J. K. Rotchford, M.D. An introduction to the value of having a plan.
- [Bipolar Disorder Discussion](#)
- [Brain Health 101, Master, 01/24](#) - J.K. Rotchford, M.D.
- [Breath Exercises](#)
- [Cancer Discussion for Patients and Family with Life-Threatening Cancer](#)
- [Common Screening Labs for Optimal Health](#)
- [Eating Disorders](#) - National Institute of Mental Health brochure from 2011. Is another more recent one available online?
- [Grieving - A Cultural Concern and Companion to Love](#) - Brief article for PT Leader May 2020
- [Grief and Grieving](#) - 2016, J. K. Rotchford, M.D.
- [Hitting Bottom - A Necessary Evil?](#) - 2020, J.K. Rotchford, M.D.
- [Leaky Gut Syndrome](#)
- [Antiinflammatory Supplements](#) - Dr. Sears, 2020
- [Herbs/supplements for Inflammation](#)
- [Chinese Herbs Handout](#), including links to specific conditions
- [Ketamine and Low Dose Therapy for Pain, Depression, PTSD, and...](#)
- [Ketamine and Potential Therapeutic Uses, 9-21](#)
- [Neuropathies](#) - Brief introduction with suggestions on how best to proceed, J.K. Rotchford, M.D.
- [Osteoporosis and Osteopenia, Master, 2019](#)
- [Plans - Having a Plan & the Importance thereof](#), Rev 2021
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- [Sleep and Tips for same](#) - 2018, J.K. Rotchford, M.D.
- [TESTOSTERONE DEFICIENCY](#) - an annual consent, etc., for male patients on Testosterone replacement or opioids
- [Testosterone Replacement Discussion](#) - A referenced article from Life Extension, 2016
- [Transcranial Magnetic Stimulation \(TMS\) – A brief discussion for prospective patients and their families.docx](#) - J.K. Rotchford, M.D.
- [Trust - Making it a Non-Issue](#) - J.K. Rotchford, M.D.
- [You Can't Always Get What You Want](#) - J.K. Rotchford, M.D. 2017 with some minor edits in 2019

Pain Management Related

[Low Back Exercises - Dr Stephen Young](#)

[Pain Management Consultation](#) for colleagues and patients

[Consult Template for Chronic Pain and Comorbid OUDs](#)

[Topical Pain Creams- An Introduction](#)

[Pain Management in the Elderly - A discussion](#)

[Topical Pain Creams for Professionals](#)

[Herbs/supplements for Inflammation](#)

[Nociplastic Dysregulation Pain](#)

[Pain Questionnaire](#) used routinely by Dr. Rotchford

[Osteoarthritis](#) Management - Knee as an example 2019

[Some suggestions for pain management related to aging & degenerative changes and osteoporosis.](#) by Dr. Rotchford 2019

[Opioids in Chronic Pain Management - A Guide for Patients](#) - 2018 Dr. Rotchford
This is a small book written to lay it out for patients as well as colleagues as to some of the basics when considering the use of opioids in chronic pain management. The actual book can be purchased online at: [Amazon Link](#)

[Gender and Pain Experiences](#) Some references and discussion about the effects of hormones etc. on the pain experience.

[Managing Acute Pain in Patients on Buprenorphine](#)

[Managing Acute Pain in Patients Prescribed Methadone](#) -

[The Role of Buprenorphine in Pain Management](#) by Gregory Rudolf, M.D. This is a link to a slide presentation intended for clinicians about the use of buprenorphine in pain management.

[Ultra Low-Dose Naltrexone to Improve Opioid Analgesia](#)

[Medical Cannabis - Initial Medical Consultation](#) - 2018 Available online at [Amazon.com](#) by J.K. Rotchford, M.D.

[Pain Catastrophizing](#) This is a link to an article from Practical Pain Management. While written for clinicians I expect it to be helpful for most patients. Be aware that by addressing these patterns through effective behavioral interventions has been shown to change brains in ways consistent with improved pain management.

Specific Pain Syndromes

[Adhesive Arachnoiditis](#) Also please visit practical pain management's site:

<https://www.practicalpainmanagement.com/patients> or the [actual online article](#)

[Fibromyalgia Caveats](#) by J.K. Rotchford, M.D.

[Neuropathies - A Brief Overview](#) by Dr. Rotchford

[Osteoarthritis Management - Knee as an example 2019](#)

- [Some suggestions for pain management related to degenerative changes and osteoporosis](#) - J.K. Rotchford, M.D. 2019
- **** Ecentre online pain course: <https://ecentreclinic.org/?q=PainCourse>
This internet-based pain management program stands the test of time and is available online for free. It provides a basic and refresher course for anyone with chronic complex pain. This is a great place to start. Classes start every other month or so.
- ["Mystery of Chronic Pain"](#) A Ted Talk by Dr. Krane, reviews the evidence for considering chronic noncancerous pain a disease.
- [Pain Catastrophizing](#) - This is a link to an article from Practical Pain Management. While written for clinicians, I expect it to be helpful for most patients. Be aware that addressing these patterns through effective behavioral

interventions has been shown to change brains in ways consistent with improved pain management.

- [Pain and the brain: How love, fear, and much more affect the experience of pain](#)
- ["The OPAS Experience" - an article in the *Pain Practitioner*](#) - J.K. Rotchford, M.D. 2007
- [Exploring Chronic Pain Final Syllabus](#) - J.K. Rotchford, M.D.
- [Neuropathies - A Brief Overview](#) - J.K. Rotchford, M.D.
- [Washington State Guideline on Prescribing Opioids for Pain](#) (2015 revised)
- [List of WA State Methadone and Pain Clinics, Master.docx, a partial list](#)
- There are a number of **online references**. Here are just a few that Dr. Rotchford recommends :
 - [Books to Know](#) - This is a compendium of books about behavioral ways to manage pain better. If you think you've tried it all. Please think again.
 - [Change your Brain, Change your Pain by Mark Grant, M.A. 2011](#) - This book is consistent with Dr. Rotchford's approach to chronic pain problems. While emphasizing behavioral approaches, the author recognizes the importance of a "both/and" approach rather than simple either/or approaches. Dr. Rotchford recommends EMDR for any patient who has chronic pain, particularly those with a known history of trauma or positive response to medical cannabis. The hitch is to find qualified practitioners and get payment through third parties. A helpful CD is available that promotes some of the brain changes discussed within the book. It's available online for around \$40.
 - [Patient Self-Help Resources](#) - Forrest Tennant, M.D.
 - [Neuroplastic Brain and Body](#)
 - [Neuroplastic Transformation: Your Brain on Pain](#) is a *Workbook* these clinicians have published.
 - [Managing Pain Before it Manages You](#) - M. Caudill, M.D - Available online for purchase.- I consider this the "standard" workbook for behavioral management of pain.
 - [The Pain Toolkit](#) - Online Free
 - [The Divided Mind](#) - John Sarno, M.D., who has written several books on the interplay between pain and emotional states, particularly anger and unexpressed rage. Practical suggestions are eventually provided, and it is an eye-opener for many who continue to believe that pain is simply a matter of what the x-ray or other biomarkers reveal. Please see the [Anger Appreciation Seminar, Master as of 7-17-21](#) handout.
 - Dr. Rotchford has different opinions from those of Dr. Sarno. While it is understandable to be critical of the lack of formal appreciation of emotional stressors as potential explanations for many patient symptoms, Dr. Rotchford disagrees that contrasting psychological vs. physical vs. spiritual vs. energetic vs. cultural explanations is the best way to proceed. Dr. Rotchford finds these models are constructs. He believes the "truth" often lies outside of our man-made constructs, however appealing and effective our

constructs may be. The history of medicine is that our best "constructs" often change over time.

- Nonetheless, Dr. Rotchford values Dr. Sarno's approach because it is relatively safe and effective. There is also a definite value in appreciating how the unconscious "mind," however it is understood or defined (The "mind" is a "construct" too), along with the measurable functions and physiology of the central nervous system, has a predominant role in the understanding and management of painful conditions. Lastly, Dr. Rotchford believes that "either/or" ways of thinking and responding, while sometimes effective, are not often as effective as "both/and" ways of thinking and responding. This is even more true when managing complex diseases, particularly those that affect the central nervous system. The following are additional resources related to "Sarno" interventions.

- [Daily Study Guide for TMS Patients](#)
- [A 20-20 segment reviewing Sarno approaches](#)
- [Sarno HBP Disk 1](#)
- [Sarno HBP Disk 2](#)
- [Sarno HBP Disk 3](#)
- [Sarno HBP Disk 4](#)

- [Mind-Body RX Discussions](#) by Dr. Rotchford concerning Dr. Sarno's perspectives.
- [Senate Hearing regarding Back Pain and Sarno](#)
- [Pain Management - A recent CME update for physicians](#) - While this link was intended for physicians back in 2014, I think it might be helpful for some to read to be familiar with more or less current "party line" related to pain management.
- [Managing Acute Pain in Patients on Buprenorphine](#) - J.K. Rotchford, M.D.
- [Chronic Pain Management with Buprenorphine](#) - J.K. Rotchford, M.D.
- [Managing Acute Pain in Patients Prescribed Methadone](#) - J.K. Rotchford, M.D.
 - These two links are intended primarily for clinicians; however, patients may also find them informative. Patients who use buprenorphine and methadone for opiate use disorders or chronic pain are advised to use opioids for pain as directed by a physician. Every attempt to diagnose the source of the pain is indicated, and without a clear source of tissue injury or damage, opiates or other controlled substances are best avoided. In cases where an apparent cause of pain is not present, every attempt to avoid pain pills is best. Exceptions might be when dealing with a potentially life-threatening problem such as a heart attack. In brief, patients on buprenorphine should be provided options for pain management that do not involve opiates or other controlled substances whenever possible or reasonable. The following links to a slide presentation intended for clinicians about using buprenorphine in pain management: [Buprenorphine to Treat Pain.pdf](#) by Gregory Rudolf, M.D.
- See Below for [Medical Cannabis and Pain Management](#)

Some Specific Pain Conditions or Treatments: See the above references regarding Acupuncture, Brain Health, Medical Cannabis, etc.

- Specific for Migraines & Headaches in General
 - [Dr. Ready's Slide Set](#): Dr. Ready is my "guru" regarding headache management. In 2016, he gave a presentation that was entertaining and very informative. I'm pleased to be able to provide a link to his slide set for managing intractable headaches.
- [Ketamine and Low Dose therapy for Pain, Depression, PTSD, and...](#) - J. K. Rotchford, M.D. 2015.
- [Ultra Low-Dose Ketamine in Helping with Pain Management](#) by J. K. Rotchford, M.D. 2019
- [Osteoarthritis](#) - J.K. Rotchford, M.D., A discussion of options to consider using knee osteoarthritis as an example, 2019 revised
- [Pain Questionnaire](#) used routinely by Dr. Rotchford

Opioids in Chronic Pain Management

- [Opioids in Chronic Pain Management - A Guide for Patients](#) - J.K. Rotchford, M.D. 2018. This is a small book written to lay it out for patients as well as colleagues as to some of the basics when considering the use of opioids in chronic pain management.
- [Managing Acute Pain in Patients on Buprenorphine & Managing Acute Pain in Patients Prescribed Methadone](#) - J.K. Rotchford, M.D. These two handouts are intended primarily for clinicians. Patients may find them informative as well. Patients who use buprenorphine and methadone for opiate use disorders or chronic pain are advised only to use opioids as explicitly directed by a physician. Every attempt to diagnose the source of the pain is indicated. Without a clear source of acute and severe tissue injury or damage, opiates or other controlled substances are best avoided. In cases where an apparent cause of pain is absent, every attempt to avoid pain pills is best. Exceptions might occur when dealing with a potentially life-threatening problem such as a heart attack. In brief, patients on buprenorphine, whenever reasonable, must be provided options for pain management that do not involve opioids or other controlled substances.
- [Buprenorphine to Treat Pain.pdf](#)—Gregory Rudolf, M.D. This is a link to a slide presentation on the use of buprenorphine in pain management. It is intended for clinicians.
- [Washington State Guideline on Prescribing Opioids for Pain](#) (2015 revised)
- [List of WA State Methadone and Pain Clinics, Master.docx](#). Methadone and Pain Centers in Western Washington - Please look under new patients tab for other regional providers.
- [Naltrexone Handout](#) - J.K. Rotchford, M.D.

- [Ultra Low Dose Naltrexone for Pain Management](#) - A novel approach with references. It's also relatively safe.

Acupuncture Related

- [ACUPUNCTURE, A Brief Introduction, Master](#) - J.K. Rotchford, M.D.
- [Indications for Acupuncture](#) - J.K. Rotchford, M.D.
- [FOODS TO STRENGTHEN CENTER.doc](#) - J.K. Rotchford, M.D.
- [Handout regarding the use of Chinese herbs](#) - J.K. Rotchford, M.D.
- [Chinese Herbs in Oncology](#) - J.K. Rotchford, M.D.

Substance Use Disorders Related: General, Family & Al-Anon, Alcohol, Opiates, Marijuana (Cannabis), and Tobacco

General Substance Use Disorder issues

- [What Promotes Recovery From Addictions](#) (Substance Use Disorders) - Dr. Rotchford
- [A series of Podcasts from Hazelden Betty Ford](#): Given the complexity of human nature and substance use disorders, it is valuable to review multiple perspectives. While Dr. Rotchford does not agree with some of the perspectives presented in these podcasts, he respects their value and the professionals who share them. He is thankful his patients and others have ready access to valuable information and help. Take a look!
- [Medical Use of Addictive Substances, Master](#)- J.K. Rotchford, M.D. A brief review of some basic principles in caring for patients with addictive substances.
- [Self-Medicating, Master, 2017](#) - J.K. Rotchford, M.D.
- [Comorbid Substance Use Disorders: Primer for Pain Management](#) - This review article was published in Practical Pain Management in March 2016. It reviews the importance of recognizing and treating substance use disorders when managing pain. It also reviews some of the "soft" variables when it comes to patients being addicted to opioids when they are being prescribed for pain. Dr. Rotchford keeps it more straightforward: If a patient meets formal criteria for being opiate dependent (addicted), they need to be treated as such with proper medical and behavioral care for both opioid addiction and chronic pain management.
- [American Society of Addiction Medicine \(ASAM\)](#) Informative handouts and links to governmental and other online resources.

- [AAAP Online Resources for Patients & Family](#) wonderful online page with references for patients and families from The American Academy of Addiction Psychiatry
- [How to Recover from Marijuana and Other Addictions - A Quitter's Guide](#) - J. K. Rotchford, M.D.
- [Nutritional Issues for Addictions](#) - J.K. Rotchford, M.D.
- [The New York Times is dead wrong about drug addiction](#)
- [Informal Review of Opiate Dependence \(Addiction\) in Pain Patients on Chronic Opioid Therapy \(COAT\)](#) - J. K. Rotchford, M.D
- [Debate/Discussion Related to Above Manuscript](#) - Presented at 2013 AAAP Annual Poster Presentation.
- [The Genetics, Neurogenetics, and Pharmacogenetics of Addiction](#) - A published Review
- [The Irrationality of 12-step Programs in Recovery](#) - An article in the Atlantic - April 2015. Dr. Rotchford firmly believes in the benefits of 12-step programs but feels the perspectives in this article are worth sharing and being aware of.
- [Missing the Diagnosis of Opioid Use Disorders in Pain Patients](#) who are on chronic opioid therapy. [video: takes time to load] This formal talk was delivered by Dr. Rotchford to faculty and students at St. Charles University Faculty of Medicine in Prague, the Czech Republic, in the Spring of 2015. The previous link takes some time for the talk to load. When you hear Dr. Rotchford say "Ahoi," it is up and running.
- [OPAS Controlled Substance Agreement](#)
- Look under Pain Management for information regarding the use of buprenorphine and methadone for effective pain management.

Family and Alcohol-Related Issues

- [Family Therapy](#) - J.K. Rotchford, M.D., A presentation with references at Free By The Sea.
- [Help for Family Members](#) - J.K. Rotchford, M.D., see syllabus below for more detailed information.
- [Syllabus for Family Members](#) - J.K. Rotchford, M.D.
- [Adult Children of Alcoholics](#) - J.K. Rotchford, M.D.

Alcohol Use Disorder

- [The Active Ingredients of Effective Alcohol Addiction Treatment](#) - A Primer
- [The National Institute of Alcohol Abuse and Alcoholism \(NIAAA\)](#) - Link to a handout with links and information from the NIAAA. There is much in the way of proven effective therapy for those with alcohol use disorders.
- [Personalized Disease Monitoring](#) - Progression monitoring
- [The Stages of Alcohol Recovery](#)

- [The Facts about Alcohol](#) - National Council on Alcohol & Drug Dependence
- [The Effects of Alcohol on the Body](#)
- [How Much Alcohol is Safe](#)
- [Ethylglucuronide Urine Test, Master.docx](#) - J. K. Rotchford, M.D.

Opioid Use Disorder

- [General Opioid Information](#) - J.K. Rotchford, M.D.
- [Clinical Topics on Opioid Addiction](#) - series of videos by Dr. Rotchford
- [American Society of Addiction Medicine's Guideline](#) - This is the current consensus on medication-assisted treatment (MAT) of opioid use disorders.
- [The Role of Maintenance Treatment in Opiate Addiction](#) - A scholarly review
- [Agonist Therapy \(Buprenorphine & Methadone Therapy\)](#) - J.K. Rotchford, M.D.
- [Long-Term Agonist Therapy for Opiate Use Disorders](#) - How long do I have to be on buprenorphine or other opiates? - J.K. Rotchford, M.D.
- Tapering off of buprenorphine and [buprenorphine maintenance](#).
Understandably, one often asks whether it is safe to taper off of buprenorphine. The link provides evidence for significant relapse rates in those with moderate to severe opioid use disorders who stop using buprenorphine. Note: Most of these studies simply use clean urines or treatment retention as indicators of successful outcomes. In other words, they just monitor somewhat gross disease activity and consequences indicators. If more sensitive quality-of-life measures were examined, there would no longer be any question about the long-term benefits of ongoing agonist therapy. Whether patients with moderate-severe opioid use disorders can do best on an abstinence-based program lacks evidence. I think the odds are similar to an insulin-dependent person being able to get off of insulin and thrive eventually. Perhaps 5-10% can get by without agonist therapy, but whether their health is as good as it could be with agonist therapy remains unlikely. Close long-term monitoring is warranted. Abstinence in addiction is not by itself a favorable outcome. It is only because it is often a strong "surrogate" marker and a somewhat objective one. In most substance use disorders, abstinence is highly associated with good outcomes. In the case of opioid use disorders, this is not the case.
- [Recovery from Opiate Addictions - a timeline](#)
- [MASTER BUPRENORPHINE SYLLABUS as of 8-23-14.doc](#) - J.K. Rotchford, M.D. Includes basic handouts and forms to start using buprenorphine through OPAS and Dr. Rotchford.
- [A Complex Pain Patient Who Has an Opioid Use Disorder](#) - J.K. Rotchford, M.D. Published Case Report, Pain Practitioner 2012
- [Formal Criteria for Making the Diagnosis of Opioid Use Disorder](#) - These are the DSM-5 criteria. There is better evidence (quite extensive) regarding outcomes with the [DSM-IV Criteria](#). What's more, there is not adequate justification to consider the source of the opioid (whether prescribed or illicit) as a legitimate differential factor in establishing the criteria. Europeans agree, as

reflected in the ICD-10 criteria they employ. The brain did not evolve to distinguish and respond to substances based on their legal status.

- [Naltrexone for Opioid Use Disorder Handout, Master](#) - J.K. Rotchford, M.D.
- [The Facts about Naltrexone](#)
- [Memo Regarding Specialized Care in Pain & Addiction through OPAS](#) - J.K. Rotchford, M.D. This handout has references and pertinent information regarding the Washington State Guidelines and how they pertain to proper pain management in patients with co-morbid opioid use disorders. It also provides suggestions on obtaining and promoting necessary specialized care in the fields of pain management of addictive disorders.
- [Toolkit for Preventing Opioid Overdoses](#) - A good review and recently updated in 2016.

Marijuana/Cannabis Use Disorder

- [How to Recover from Marijuana and Other Addictions - A Quitter's Guide](#) - J. K. Rotchford, M.D.

Medical Cannabis For Pain, etc.

- [Medical Cannabis - Initial Medical Consultation](#) - J.K. Rotchford, M.D. 2018. Available online at Amazon.com
- [Medical Cannabis Syllabus](#) - J. K. Rotchford, M.D. This is the old handout provided before the publication of the above book. Some more details are provided.
- [Medical Cannabis Experience Paper, Master, A Physician's Observations.](#) - J. K. Rotchford, M.D. An article written for publications.
- Current Washington State Law: [SECOND SUBSTITUTE SENATE BILL 5052](#)
- [Marijuana Abuse - A Public Health Issue](#) - J. K. Rotchford, M.D. A published letter to the editor.

Tobacco Use Disorder

- [Basic advice/support from OPAS](#) - J.K. Rotchford, M.D. Even for those not interested in stopping smoking.
- [Pros and Cons of Quitting Smoking, Master](#)- J.K. Rotchford, M.D. Designed for those ambivalent about stopping.

Brain and Central Nervous System (DNS) Health - General

- [Brain Health 101, Master, 01/24](#) - J.K. Rotchford, M.D. A good and relatively comprehensive menu to help ensure good brain health.
- [Neuropathies](#) - J.K. Rotchford, M.D. Brief introduction with suggestions on how best to proceed.
- [Transcranial Magnetic Stimulation \(TMS\) – A brief discussion for prospective patients and their families.docx](#) - J.K. Rotchford, M.D. Please click on the link, particularly if you have a mood disorder.

Post Traumatic Stress Disorder (PTSD) and Anxiety

- [Calming Trauma - How understanding the brain can help](#) - Dawn McClelland, PhD
- [Post Traumatic Stress Disorder \(PTSD\), A Patient Primer, Master](#) -J.K. Rotchford, M.D. 2016.
- [Dealing with the Effects of Trauma](#) - This is a great resource for lists of behavioral ways to reduce anxiety and feel safer.
- [Ketamine and Low Dose Therapy for Pain, Depression, PTSD, and...](#) - J. K. Rotchford, M.D. 2015.
- [Anxiety - A discussion](#) - J.K. Rotchford, M.D. Using anxiety as an example, a brief review of the role of diagnoses, scientific methodology, and cultural factors and how they influence our therapeutic options. 2016
- [4 Simple Things to do to Eliminate Anxiety](#) - Amen Clinic

For other articles, please look under the [Resume Tab](#). At the end of Dr. Rotchford's Curriculum vitae are other articles and papers written by Dr. Rotchford.