



Managing Chronic Pain through Mind Body Medicine

Take back the life that pain has taken away from you.

Brief therapy for managing pain and improving function

The mind body medicine approach gives you the tools to find relief, increase activity, improve sleep and feel in control again.

Many people are surprised to find that pain is not beyond their control. Managing Chronic Pain through Mind Body Medicine provides tools that are recognized as the most effective strategies for conditions such as:

- Fibromyalgia
- Low back pain
- Headache pain
- Irritable Bowel Syndrome
- Complex Regional Pain Syndrome (CRPS)
- Arthritis

Mind Body Medicine treatment options used for managing chronic pain include:

- Cognitive Behavioral Therapy for Pain (CBT-P)
- Biofeedback therapy
- Mindfulness meditation
- Relaxation strategies
- Acceptance and Commitment Therapy (ACT)
- Individual and group counseling sessions

Perhaps best of all, mind body treatment strategies:

- are short term, usually only 6 to 8 sessions
- do not interfere with medication that your doctor has prescribed
- are tailored to meet your specific needs
- are integrated with your present treatment

Regain control of your life. Learn what works for pain:

- Reduce Pain
- Feel Better
- Improve Sleep
- Increase Activity

Ask your doctor for a referral to *Managing Chronic Pain Through Mind Body Medicine*.

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Once pain has lasted more than twelve weeks, the best treatment includes mind body medicine.

INDIVIDUALIZED ASSESSMENT

You will first meet with a pain management psychologist to review your history and design treatment options that best fit your needs.

TREATMENT APPROACH

Individual and group sessions are offered based on your needs.

WORKING AS A TEAM

Together, along with your physician and other health care providers, we will develop and coordinate an individualized pain management plan for you.

The Managing Chronic Pain program closely coordinates treatment with your referring physician as well as the physical rehabilitation program at The University of Vermont Health Network Central Vermont Medical Center.

COST

Managing Chronic Pain through Mind Body Medicine is a mental health service and is covered by most insurance except Medicare.

Workers' compensation may cover mind body treatment if your pain is work-related.

FOR MORE INFORMATION AND TO SCHEDULE AN APPOINTMENT CONTACT

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