

## You CAN do this!

### How does it work?

Your therapist will work collaboratively with you to set and meet goals for treatment

Work will focus on the current situation rather than the past. Your therapist will help you examine your views and beliefs about your life. Not focus on your personality traits. Your therapist will help you learn to replace ways of living with your pain that do not work well, with ways of living well that do!



## Chronic Pain

*For your family and your life*

*Eastside Family Renewal Service*

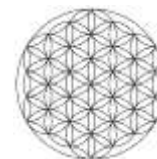
[www.FamilyRenewal.net](http://www.FamilyRenewal.net)



### Eastside Family Renewal Service

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# Cognitive Approaches to Pain Management

Chronic pain is a physiological process. Your pain is real. The depression and anxiety you feel about having chronic pain did not cause it and does not maintain it. But it likely developed as a result of it.

Clinical psychology has ***much*** to offer the individual suffering with chronic pain.

Cognitive therapy for chronic and unrelenting pain works.

## Multidisciplinary



Insurance companies don't support the cost of short-term multidisciplinary treatment

of chronic pain even though the research is clear that it works better than many single therapies that may be suggested by your doctor.



**Psychosocial Interventions are an important part of a multidisciplinary approach to chronic pain management.**

By examining the thoughts, feelings and behaviors related to your chronic pain you become active in finding ways to better adjust to the reality that your pain exists. Whether you have been diagnosed with chronic pain in the last year or have had it for many years, psychosocial interventions can help alleviate some of the suffering you may be going through.

## Quality of Life

We can't make your pain go away. But we can give you tools that will help. Those who complete treatment using cognitive approaches report fewer pain "flare-ups" and less medication use overall and maintain a higher activity level than those in control groups. These benefits, along with lower levels of anxiety and depression, can lead to a higher quality of life!

***You owe it to your self*** and your loved ones to try everything. Let us help you find the control in your life stolen by chronic pain.

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