

Behavioral pain management

Put yourself in control of pain

In behavioral pain management, you work with psychologists who specialize in an integrated behavioral approach to pain. The basis of this approach is the *biopsychosocial model*, which recognizes not only the importance of tissue damage, but also the roles of emotions, behaviors, thoughts and relationships in each person's experience of pain. We understand the science of how the brain processes pain, and we can help!

Why consider a psychologist for pain?

Being referred to us does not mean that your pain is not real or that your providers think it's "all in your head."

- As part of the healthcare team, we want you to have as many tools as possible for managing pain successfully.
- We understand that pain impacts many areas of your life.
- We provide research-based, effective treatment for improving pain management.

We believe that patients should be active partners in their care, making decisions and working together with us. Why? Because, as healthcare providers, we can offer our expertise, but you are the expert on your own experience as someone living with pain. To achieve the best outcomes, we need your wisdom and voice at the table.

Together, we believe there is hope for better pain management through a shared understanding of the science of how the brain processes pain.

Benefits of behavioral pain management

- Understand pain better
- Have options beyond medications to manage pain
- Some patients say they use less pain medication
- Take back control from pain
- Cope better with impact of pain
- Increase physical activity
- Improve mood
- Re-engage with meaningful activities and improve quality of life

Where behavioral pain management fits in your treatment plan

Our treatment does not take the place of your appointments with your primary care provider or other specialists.

- It is important to stay engaged with your doctors, pharmacists, physical therapists and other providers to address all aspects of pain.
- We work as part of your team to coordinate care and support you in your pain management journey.
- This team approach is one of the most important ways to set you up for success.

Treatment approach

Our primary approach is cognitive-behavioral therapy for pain (CBT-P). CBT-P is supported by current research and informed by the science of how the brain and body process pain. Practicing skills learned from CBT-P can change the way the brain processes pain.

CBT-P usually involves:

- Learning how the brain processes pain
- Coping skills for stress like relaxation and mindfulness
- Setting goals and problem-solving
- Pacing physical activity
- Identifying, expressing and coping with strong or difficult emotions
- Addressing the impact of pain on relationships
- Learning communication skills
- Identifying unhelpful thoughts and creating more helpful thoughts
- Defining values and meaningful activities

Group or individual treatment

Group treatment:

- Attend 10 weekly sessions, each lasting 1 hour.
- Connect and learn from others (usually 4 to 8 people) who live with pain.

Individual treatment:

- ∑ Individual treatment typically consists of 8 to 12 sessions, based on your needs.
- ∑ Sessions are usually 1 hour and are scheduled around your (and your provider's) availability.

How to get started

Our staff will then call you to set up a new patient appointment, which might be a one-on-one appointment with a psychologist or a group session, which is a group appointment with other patients who have pain.

Our sessions are covered by most insurance plans. Call your insurance provider to learn more and to see what your copay will be.