



Sponsored by
Columbia Treatment
Center

OPERATION WELLNESS

PAIN MANAGEMENT EDUCATION & SUPPORT GROUP

Your pain does not have to define you.
The purpose of this group is to teach patients to cope with the psychological component of pain and to introduce non-pharmaceutical approaches to pain management.

12 Session Protocol

1. Anti-Inflammatory Diet and Nutrition
2. Movement & Exercise: Maintain Physical Balance
3. The Mind-Emotion-Body Connection
4. The Power of the Mind: Cognitive Techniques
5. ACT: Acceptance & Commitment Therapy
6. Mindfulness & Meditation
7. Addiction Potential
8. Non- Pharmaceutical Approaches
9. Managing Mental Health
10. Isolation, Loneliness & Support Systems
11. Stress Management: Evoking the Relaxation Response
12. Bio-Psychosocial Approaches

Group Sessions

Thursdays

12:00pm -1:00pm

Held on Webex,
A HIPAA Compliant Software Program

Cost: \$20 per session

Group Facilitator:
Eileen Dewey, LCSW-C

How to Enroll

Email
ctc@columbia-treatment.com
to enroll.

Successful pain management systematically approaches the treatment of pain at three levels: bio-psycho-social simultaneously
OB: 9:00am – 3:00pm