

PAIN AND HEADACHE CLINIC

Living With Pain? Who's Driving Your Bus? Living Well with Pain: Strategies for Coping

How can you take charge of your health? Are you dealing with chronic pain? Feel down-hearted or anxious about your health? Sound like you? Here's an opportunity to learn to live well with pain. Ultimately, well-being is more a function of what we do for ourselves versus what is done for us.

Participation in this group provides:

- A number of strategies and skills to empower you to live well in spite of pain, depression and anxiety
- Education about the nature of pain, how to cope, and additional resources for continued learning
- The opportunity to learn and share in a kind, accepting and safe environment

Maureen C. Pierce, Ph.D., is a psychologist who specializes in the treatment of chronic pain, depression and anxiety.

Participants will learn about the following:

- Physiology of pain, chronic pain cycle, role of non-pharmacological treatments
- Cognitive skills for coping with depression and anxiety
- · Reducing negative thinking
- · Developing relaxation skills
- Self-hypnosis (for those who want to learn it) for reducing the pain experience
- · Developing mindful awareness skills
- Creating better sleep habits and managing pain flare-ups
- Impact of pain on significant others or family members, who will be invited to attend a session

Location:

1101 Madison, Suite 200 Seattle, WA 98104

Date/Time:

8 consecutive Wednesdays (excluding holidays) 10:30 a.m. to 12:30 p.m.

Please arrive at 10:15 a.m. so copayments can be collected.

Registration:

To register for the group and schedule the required initial appointment with Dr. Pierce, please call 206-386-2717. This one-time initial meeting will help Dr. Pierce decide if group treatment is right for you. No referral is needed, unless required by your insurance carrier.

Cost:

The self-pay fee is \$400 for 8 sessions or \$50 per group. If insurance will be used, copays are paid prior to the beginning of each group. Cash, check, credit or debit cards are accepted. As a courtesy, your health insurance will be checked for the initial evaluation and group therapy participation.

Information:

For program information and group dates, please call 206-386-3500.



Direction to Swedish Pain and Headache Clinic – 1101 Madison, Suite 200

From the North, traveling south on I-5:

- Take I-5 southbound to the James Street Exit (No. 165A).
- Turn left (east) on James and travel five blocks to the intersection of James and Boren.
- Turn left (north) on Boren and travel three blocks.
- Turn right (east) on Marion. The office is in the building (Madison Medical Tower) on your immediate left.

From the South, traveling north on I-5:

- Take I-5 northbound to the James Street Exit (No. 164A).
- Turn right (east) on James and travel five blocks to the intersection of James and Boren.
- Turn left (north) on Boren and travel three blocks.
- Turn right (east) on Marion. The office is in the building (Madison Medical Tower) on your immediate left.

From the Eastside, traveling west on I-90:

• Take the I-5 North Exit and follow the same directions as above (from the south).

From the Eastside, traveling west on SR-520:

• Take the I-5 South Exit and follow the same directions as above (from the north).



1101 Madison, Suite 200 Seattle, WA 98104 For a free physician referral: 1-800-SWEDISH (1-800-793-3474) www.swedish.org