

THERAPY FOR CHRONIC PAIN

MIGRAINE AND TENSION HEADACHES
CHRONIC BACK AND NECK PAIN
FIBROMYALGIA
JOINT PAIN
IRRITABLE BOWEL SYNDROME
INTERSTITIAL CYSTITIS
PELVIC PAIN SYNDROME

AND OTHER SYMPTOMS INCLUDING:

TINNITUS
CHRONIC FATIGUE
ANXIETY
DEPRESSION



PAIN CAN TAKE A REAL TOLL ON US

Chronic pain can be exhausting. You find yourself going from doctor to doctor, and getting one treatment after another without seeing any real or lasting improvement, you try your best to stay positive but it can really wear you down.

It affects your work, your family, your self-confidence, and your ability to enjoy life.

You may be depressed or anxious and you may start to wonder if you're going crazy or if people are starting to think you are the problem.

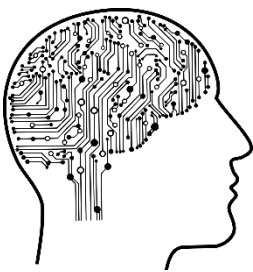
Well, you are NOT the problem. Your pain is real but there's a part of pain that medical treatments can't fix. And, it's something you can gain control over by learning how pain is created and maintained.

THE BRAIN'S ROLE IN PAIN

Our brains create every sensation we feel.

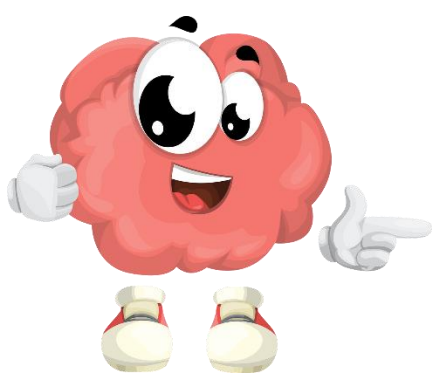
If you are physically injured, your brain goes on high alert and produces pain to slow you down and keep you safe.

If you put your hand on a hot stove your brain instantly assesses the situation and then creates pain to tell you this is a dangerous situation.



But sometimes the brain can stay in "high alert mode," even after an injury has healed, especially if your life is stressful or if you have a lot of fear or anxiety around your pain.

And the brain can maintain that pain long after the body heals.



Our brains try their best to help us out, but sometimes they get it wrong and create pain when it's not needed. The good news is that the brain is very good at changing its responses... with a little instruction from us it can change how it reacts.



WHAT IS NEUROPLASTICITY?

Evolution has hardwired the brain to create pain when it senses we're in danger, but the brain can readily respond to treatments that reverse that tendency.

Neuroplasticity is the ability of the brain to change in response to our expectations and experience.

And we can consciously change our experience and expectations. This is what allows the brain to calm down and stop creating pain.

WHAT DOES TREATMENT LOOK LIKE?



Think of the times when life is good—when everything flows and you're at your best.

During these times your brain is sending signals that things are great. Your mood becomes balanced you are relaxed and at ease.

At the same time, your pain will often diminish. You may notice that when you fully engage in something you love, you don't notice your pain as much.

Sometimes it disappears completely. This is because chronic pain ramps up when we focus on it or fear it.

Brain pathways for pain and are intertwined with emotions so it can be difficult to know where physical pain ends and negative emotions begin. This means that working with emotions is part of the process in overcoming chronic pain and when you resolve your pain you'll feel better emotionally as well.

In treatment you will learn, through guided practice, how to create a state of mind that calms the pain pathways. With focused strategies you can establish new neural circuits that allow you to regain comfort and ease so that you can live the life you want.

Over time, this becomes your default state—when nothing else is going on, you will naturally be in a calmer, more positive, and less painful state and you'll be able to do the things you love to do with less pain. In fact, many people see their pain resolve completely.

