

Who is this group therapy for?

- Clients struggling with headaches
- Clients struggling with back pain
- Clients struggling with fibromyalgia



What does this group therapy do?

- Teaches the biological basis of pain
- Identifies psychological factors that influence pain
- Explains what hypnosis can do for pain
- Addresses myths and misconceptions about hypnosis
- Provides suggestions for pain and symptom management

When are sessions held?

- Tuesdays from 5-6pm
- Session limit of 6 participants
- Facilitated by Mary K. Reiter, HSPP and Jeanne Harber Porter, MSW, LCSW, ACSW.

What else do I need to know?

- Each person's response to all types of treatments, including hypnosis, is unpredictable. Some clients do well right away. Others take longer to show improvement. A few experience no improvements.
- Research shows, however, that it is the rare patient who reports no benefits from learning how to use hypnosis. In fact, the majority of patients report that they can use hypnosis to experience periods of pain relief. Some report significant decreases in their daily pain.

Do you have questions?

For more information about insurance and fees,
or for questions about hypnosis and the group therapy process,
call us at 260-486-5251.

