

HYPNOSIS FOR CHRONIC PAIN MANAGEMENT

This group is appropriate for clients that are struggling with

Headaches * Back Pain * Fibromyalgia

This group will teach clients:

- The Biological Basis of Pain
- Psychological Factors that Influence Pain
- What Hypnosis Can Do for Pain
- Addressing Myths and Misconceptions about Hypnosis
- Suggestions for Pain and Symptom Management

People's response to all treatments, including hypnosis is unpredictable. Some clients do well right away and others may take longer to show improvement, and still others might 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 and some report significant decreases in their daily pain.

Group meets Tuesday's from 5:00pm to 6:00pm
Starting April 10th and will meet for 12 weeks
Limited to six participants

This group is facilitated by
Mary K. Reiter, HSPP
Jeanne Harber Porter, MSW, LCSW, ACSW

For more information about insurance and fees, call:
Consulting & Counseling Associates 260-486-5251