

## What is Chronic Pain?

Chronic pain is a type of pain that is persistent and is pain you have had for a long time. This is due to pain signals that continue to fire in the nervous system. Common chronic pain sources include lower back pain, cancer pain, arthritis pain and nerve pain. Chronic pain can change your ability to do daily tasks and have a negative impact on emotional well-being. The impact of chronic pain on overall health requires a multi-dimensional approach. In addition to working with a pain management doctor, many of our patients work with a pain psychology provider.

## Services Offered By Pain Psychology

- Biofeedback
- Positive Lifestyle Choices: Increasing Movement, Weight & Nutritional Management and Smoking Reduction or Cessation
- Cognitive Behavioral Therapy
- Group Support
- Mindfulness
- Sleep and Relaxation Strategies

## What is Pain Psychology?

Pain Psychology is a set of treatment services that can help manage pain by involving the whole mind-body system. We work with you to learn strategies to support your wellbeing and reduce how much pain interferes with daily life. Be assured, we know your pain is real. We will work with you on skills to positively influence your everyday experience, improve function and enhance your quality of life.

## Why Pain Psychology?

Chronic pain is complex. Some people believe that chronic pain is just a physical sensation. However, pain has many factors tied to psychological, social and biological concerns. To treat pain effectively, treatment needs to focus on all aspects of pain.

## Who Are We?

Our Pain Psychology Team consists of Psychologists, Licensed Therapists and Advanced Graduate Students.

## How Long Will This Last?

Most people see us for 6-8 sessions with flexibility beyond that. The choice is yours.

## Biofeedback

Biofeedback is a tool used to help you reduce stress, calm anxiety and develop healthy breathing habits.

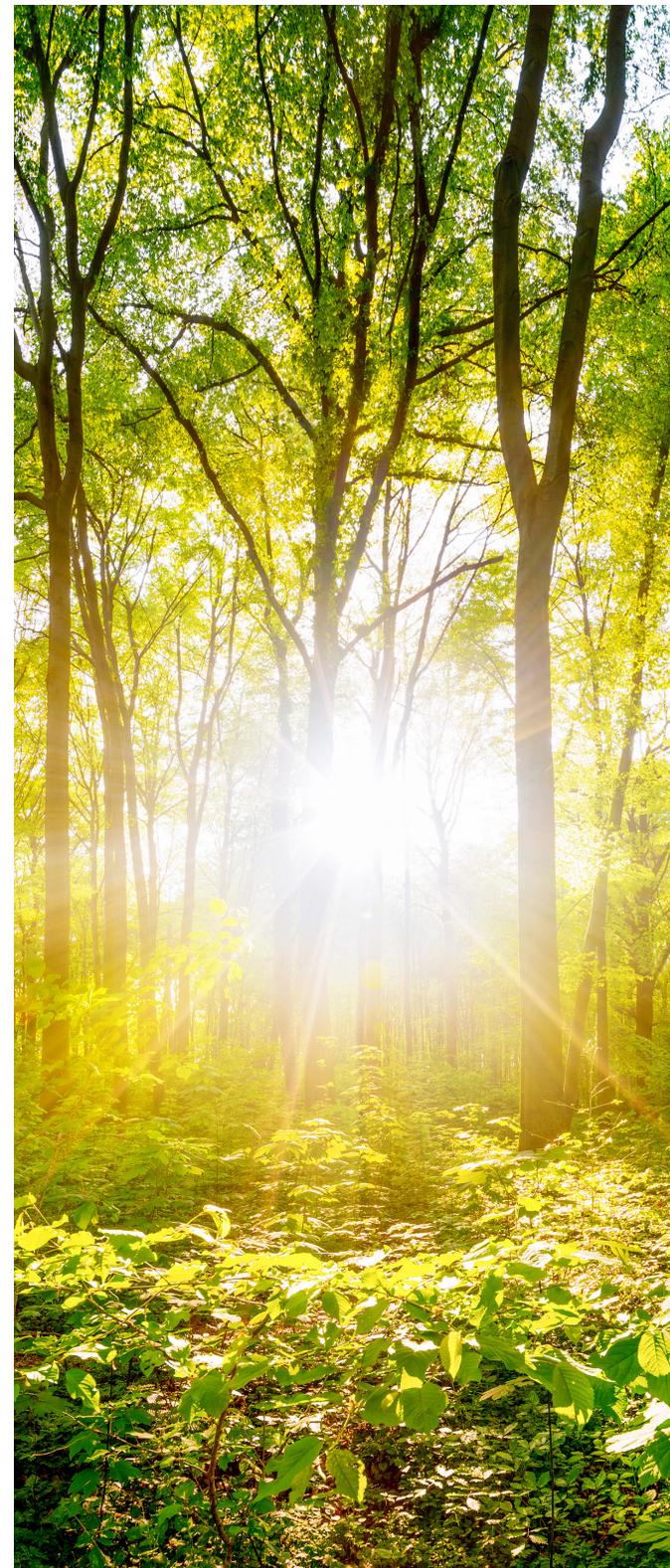
## Cognitive Behavioral Therapy For Chronic Pain

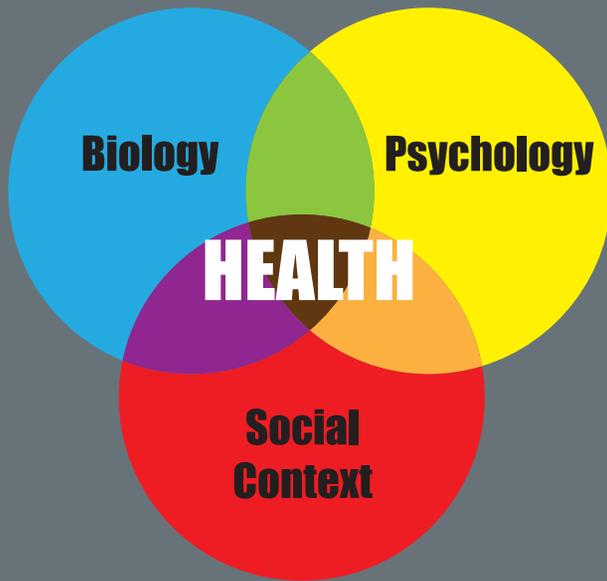
In CBT-CP, treatment for your pain will focus on exploring your thoughts, feelings and behaviors. This can help you change thought or behavior patterns to improve coping. CBT-CP is goal-oriented and helps to decrease the impact of depression, anxiety and worry related to pain.

## Learn more about our services at:

[www.mcw.edu/departments/anesthesiology/patient-care/pain-psychology](http://www.mcw.edu/departments/anesthesiology/patient-care/pain-psychology)

or Scan here:





### Tips for Coping with Chronic Pain

- Engage in activities and hobbies you enjoy that do not worsen your pain.
- Eat a healthy, well-balanced diet.
- Get the right amount of sleep.
- Keep a positive mind-set about treatment and management of pain.
- Explore methods of meditation and deep breathing.
- Schedule an appointment with our Pain Psychology Team.

### Scheduling an Appointment

Call 414-955-7199 to schedule an appointment with our Pain Psychology Team.



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# Managing Chronic Pain

*How Pain Psychology Can Help*

