

# Center for Mind Body Medicine Therapy Groups

## Pain 101 Group Therapy

A four-week program that aims to support people who are interested in learning how Mind Body Medicine and Pain Reprocessing Therapy (PRT) can help with chronic pain. This group is designed to help patients make decisions about managing chronic pain using Center for Mind Body Medicine services and mind body skills.

### Tuesdays from 11 a.m. to noon.

This is an online group and an open group, which means you can join at any time but should commit to attending four consecutive sessions.

Session	Group Topic	Mind Body Medicine Skill
1	What is Neuroplastic Pain?	Progressive Muscle Relaxation
2	Mind, Body and Pain	Paced Breathing
3	Emotions & Chronic Pain	Somatic Emotions Body Scan
4	Thoughts & Chronic Pain	Journaling & Words of Affirmation

## Pain Reprocessing Therapy (PRT) Group Therapy

An eight-week program that aims to support people who experience chronic pain. The group uses a neuroscience-based approach to help patients disrupt the chronic pain cycle by retraining the brain to interpret and respond to pain with reduced fear or anxiety. This group is designed for people who want to participate in Pain Reprocessing Therapy in a group setting.

### Mondays from 1-2:30 p.m.

In person at Della Cava Family Medical Pavilion.

All patients will start Session 1 at the same time and complete the therapy program together.

Session	Neuroplastic Pain Topic or Activity		
1	Pain Education	5	The Pivot and the Process
2	Assessment & Tracking	6	Other Danger or Pain Signals
3	Self-Compassion	7	Recognizing Preoccupation & Patterns
4	Introduction to Somatic Tracking	8	Celebration & Relapse Prevention

## How to Join a Center for Mind Body Medicine Therapy Group

- Be referred to the Center for Mind Body Medicine (CMBM) by a medical provider.
- Schedule and complete a 30-minute consultation appointment with the CMBM therapist.
- Determine with the CMBM therapist which group would best support you and work with the CMBM administrative team to register for the group.
- These therapy groups are behavioral health therapy services. If you have insurance, please check your plan to determine if behavioral health therapy group services are covered. You will be responsible for any co-pays. If you do not have insurance, you can use our self-pay process, which is \$85 per group session.