

# Prairie Counseling

# & Rehabilitation

## ADDRESSING THE NEEDS OF INDIVIDUAL CLIENTS WITH CHRONIC PAIN AND SETTING GOOD HEALTH GOALS

*Many persons with chronic pain find themselves trapped in a vicious cycle. Pain causes increased stress, which causes muscles to tighten, which produces more pain, leading to more stress, causing more tensions, and the cycle continues. At Prairie Counseling & Rehabilitation participants learn Stress & Pain Management and improved Communication Skills to break the cycle.*

### **STRESS & PAIN MANAGEMENT**

- *Stress sources in the environment are found & appropriate behavioral changes are made.*
- *Adaptive thinking skills are taught & negative thoughts/assumptions are changed.*
- *Relaxation skills are taught. Biofeedback may be used in conjunction with relaxation training.*

### **FAMILY INVOLVEMENT:**

*The focus is to inform the family how they can be helpful to the member experiencing chronic pain and to assess how communication & relationship patterns impact and are impacted by pain.*

### **COMMUNICATION SKILLS**

*Faulty communication skills & an inability to express emotions & needs can lead to relationship problems, causing stress, tension, and an increase in pain. Patients and family members are taught good communication skills.*

Helping you achieve  
*your* good health goals



# Getting the most from your sessions

Researched & Standardized Clinical Measurements to make Objective & Targeted Treatment Plans.

## MCMII-III

*A computer assessment to determine the degree of anxiety, depression, thought disorders, delusional disorders, personality styles, and drug or alcohol dependencies.*

Taken initially as part of treatment planning.

## BHI 2

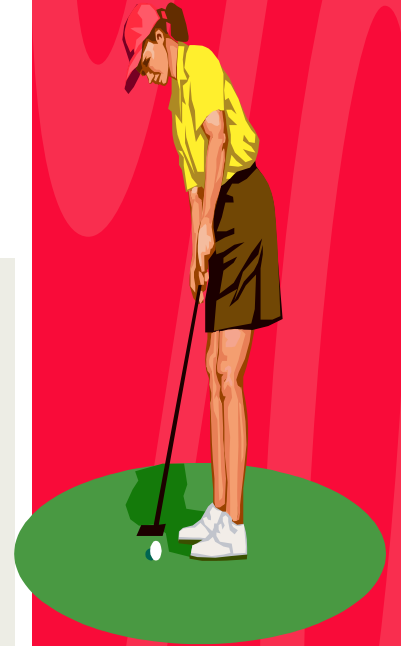
Battery for Health Improvement

*A computer assessment developed for pain patients to assess pain & function, depression & anxiety, and family & job issues.*

Taken initially as part of treatment planning.

*Prairie Counseling & Rehabilitation*

**SMARTER LIVING:**  
Learning & Practicing



Prairie Counseling & Rehabilitation  
[www.PrairieCounseling.org](http://www.PrairieCounseling.org)

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### **INDIVIDUALIZED TREATMENT PLAN OPTIONS\***

- 1. Individual Educational, Counseling and/or Training Sessions**
- 2. Family Education, Counseling and/or Training Sessions**
- 3. Group Educational, Support, & Counseling Sessions**

*\*All insurance plans will be billed for services rendered.*