

LIFESTYLE SKILLS FOR CHRONIC PAIN, UW GROUP VISIT BROCHURE

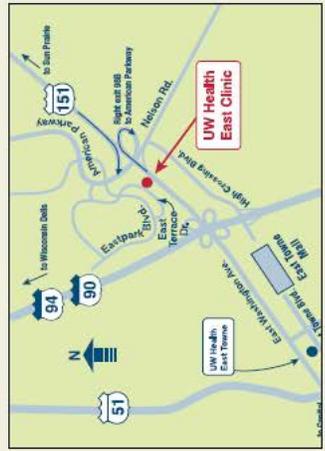
**LIFESTYLE SKILLS  
FOR CHRONIC PAIN**  
Wednesdays from 3–5 p.m.



UW Health East Clinic  
5249 E. Terrace Dr.  
Madison, WI 53718



**Location**



This five-part series provides skills and interventions helpful in managing chronic pain. These sessions are facilitated by UW Health Pain Treatment and Research Center health psychologists. The sessions can be taken in any order based on your availability or as prescribed by your physician.



[uwhealth.org](http://uwhealth.org)

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## Lifestyle Skills for Chronic Pain

This five-part series provides skills and interventions that are helpful in managing chronic pain. The sessions can be taken in any order based on your availability or as prescribed by your physician.

### Our 5-Part Series

#### 1. Understanding the Mechanisms of Chronic Pain

This session is designed specifically for you and your family members and/or significant others to help them learn about the latest information on chronic pain. It includes information on distinguishing among the various types of pain and how pain operates in your system. You will also learn ways to manage a chronic pain condition and how to make lifestyle changes.

#### 2. Setting Effective Goals for Pain Rehabilitation

Well-defined goals can help you effectively communicate with your physician about your treatment plan. This session provides information on setting effective goals, so that you can measure your progress in your pain rehabilitation. You will also learn a behavioral technique called progressive muscle relaxation to influence the physiology of your pain.

#### 3. Fundamentals of Activity Pacing

Making lifestyle changes to better manage your pain can be challenging. This session will provide you with tools to change habits that get in the way of completing your daily activities. You will learn a strategy on how to complete tasks more effectively. You will also learn a behavioral technique called autogenics, a form of self-hypnosis, to start influencing the physiology of your pain.

#### 4. Radical Acceptance: A Method of Redesigning your Life with a Pain Condition

This session will provide you with a pathway to better accept living with a chronic pain condition. Some of the common barriers that get in the way will be identified. You will learn a behavioral technique called guided imagery to start influencing the physiology of your pain.

#### 5. Mindfulness-Based Cognitive Therapy

Learning how to be present as a method of identifying tension or problematic thoughts associated with a pain problem has been proven to improve coping with chronic pain. This session will introduce you to a mindfulness approach to managing your chronic pain. You will also learn a variety of brief relaxation techniques to start influencing the physiology of your pain.

### Getting Started

Prior to participating in this series, your physician may require an initial health psychology evaluation to assist with your treatment planning. During this initial visit, the health psychologist will conduct an evaluation to better understand your needs.

The lifestyle skills series is covered by many health insurance plans. Contact your plan for specific benefit information.

To register for this series, or for additional information, please contact Michele at (608) 890-6464 or visit [uwhealth.org/pain](http://uwhealth.org/pain).

*Map on back*

## Pain Treatment and Research Center Health Psychologist



Shilagh A. Mirgain, PhD

Dr. Mirgain utilizes a biopsychosocial approach to the management of chronic pain. Treatment may include individual sessions, couples counseling or group therapy.

Dr. Mirgain specializes in cognitive-behavioral therapy, biofeedback, hypnosis, guided imagery, stress management and other forms of relaxation training.

Dr. Mirgain completed her graduate training at the University of Illinois at Urbana-Champaign, her clinical internship at the University of Wisconsin Hospital and Clinics, Department of Psychiatry and her postdoctoral fellowship at Stanford University, Department of Psychiatry, Behavioral Medicine Clinic.



Norann Richard, PhD

Dr. Richard's interventions are focused on cognitive-behavioral and interpersonal approaches to the management of pain and chronic health conditions. She also specializes in the management of health and

secondary psychological issues, anxiety and stress management, group-based interventions, adjustment to new diagnoses, relaxation and meditation.

Dr. Richard completed her graduate training at Simon Fraser University in British Columbia, Canada, her residency at the University of Alberta Hospital/Glenrose Rehabilitation Hospital, and her postdoctoral fellowship at the University of Wisconsin Hospital and Clinics.