

Chronic Pain: Understanding and Coping



Burlington Building

Third Floor

Conference Room 2105

325 E. Eisenhower Parkway

Ann Arbor, MI 48108



Upcoming Dates

*PAIN TALKS

Kim Bialik, PhD

11a- 12p

Monday, Feb 6, 2017

Monday, Feb 13, 2017

Monday, Feb 20, 2017

Monday, Feb 27, 2017

Monday, March 6, 2017

**MINDFULNESS SKILLS

Ingrid Harper, LCSW

12-1:00p

Monday, Feb 6, 2017

Monday, Feb 13, 2017

Monday, Feb 20, 2017

Monday, Feb 27, 2017

Monday, March 6, 2017

WHO: Adults who have pain and are seen at The Back and Pain Center. Each session limited to 10 people, so call to reserve your spot!

Attendance at all five classes is not required, but is *recommended*

PURPOSE: A series of talks to provide education about pain

*Talk 1: Learn about what pain is

*Talk 2: Acute vs. Chronic Pain

*Talk 3: Who is likely to get chronic pain?

*Talk 4: Opioids and Chronic Pain

*Talk 5: Brain changes and pain

PURPOSE: Learn Mindfulness skills to cope with pain

**Skill 1 : Introduction: Why is Mindfulness Important?

**Skill 2: Learn to Control Your Attention and Use Your “Wise Mind”

**Skill 3 : “What” Skills: Thinking Brain vs Awareness Brain

**Skill 4 : “How” Skills: How to Stay in the Present Moment

**Skill 5: How to Use Mindfulness to Increase Positive Experiences

COST: FREE

Contact a Scheduler at 734 615 7246 to REGISTER for Classes!