

Chronic Pain: Understanding and Coping



Burlington Building

Second Floor

Conference Room 2105

325 E. Eisenhower Parkway

Ann Arbor, MI 48108



Upcoming Dates

*PAIN TALKS

Kim Bialik, PhD

11-12

Monday, Sept 9, 2019

Monday, Sept 16, 2019

Monday, Sept 23, 2019

Monday, Sept 30, 2019

Monday, Oct 7, 2019

**MINDFULNESS SKILLS

Kim Menzel, LMSW

12-1:00 pm

Monday, Sept 9, 2019

Monday, Sept 16, 2019

Monday, Sept 23, 2019

Monday, Sept 30, 2019

Monday, Oct 7, 2019

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!

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: 734 615 7246 to Register for Classes