

## Why pain counseling?

Interventional Spine Care at Springfield Clinic offers comprehensive evaluation and non-surgical treatment options for back and neck pain from double board-certified, fellowship-trained anesthesiologists. Our objective is to facilitate functional improvement in patients suffering from chronic spine pain by focusing on physical rehabilitation and offering a variety of cutting edge, minimally invasive spine procedures done under image guidance by highly-trained spine specialists.



## What is pain counseling?

Focusing on your pain creates a cycle of distress. As pain increases, your thoughts may become more negative; as thoughts become more negative, pain often increases further. Pain counseling will help you manage the way you think about your pain.

## How can pain counseling help?

Pain counseling includes a variety of different treatments to help you gain control of your life and manage your pain. Therapies include:

- Biofeedback (see reverse side)
- Cognitive behavioral therapy
- Dialectical behavioral therapy
- Mindfulness
- Relaxation and meditation
- Sleep hygiene
- Managing expectations
- Goal setting

## Chronic Pain Cycle

