



## *Understanding Pain Management* Educational Group

Research studies are constantly published that continue to support the close relationship of pain management and mental health. These studies have shown not only that chronic pain can lead to depression and anxiety but also that depression and anxiety causes increased perceptions of pain.

A person's perception of their pain plays a very large role in their pain management. At Comprehensive Pain Center, we hope to address mental health to not only keep our patients mentally healthy but also as a means of pain treatment.

***Understanding Pain Management*** is an educational group that covers your expectations of pain management, our expectations of our patients, and starts discussion on pain coping mechanisms.

## Office Hours

**Monday - Friday**  
**8a - 3p**  
Please note that our phones are off from 12p - 1p for lunch



**Comprehensive Pain Center**

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## Comprehensive Pain Center

# Mental Health and Pain Management

## Before the group...

*What should I expect prior to the educational group?*



After your initial consultation with one of our pain clinicians, you will be scheduled for two appointments:

### 1. Questionnaire (25-30 Minutes)

The first appointment is a 165 True-False questionnaire about the psychosocial factors that be affecting your pain

### 2. Educational Group (1 Hour)

The second appointment is the actual educational group with the psychologist and other pain patients (6 maximum)

*Please make sure that before leaving your initial office consultation, you schedule both appointments with our front desk.*

*Thank you.*

## ...during the group...

*What should I expect in the educational group?*

The educational group is capped at 6 people to ensure personal attention and patient care. The group is lead by psychologist Joseph Eisenberg PhD and lasts one hour. It is the purpose of the group to both manage our expectations of our patients as well as your expectations of the practice. And the following topics are typically covered:

- ◆ Understanding Pain Management
- ◆ Mental Health and Pain
- ◆ Addiction/Tolerance/Dependence
- ◆ Pain Coping Mechanisms

## ...after the group.

Hopefully most of your questions will be answered during your educational group. Depending on your questionnaire answers and interaction during the educational group, Dr. Eisenberg may recommend you for ongoing treatment.

We encourage all patients to understand the interwoven nature of mental health and pain management.

*If you have any further questions, please feel free to call anytime.*

*“I have a question?”*

