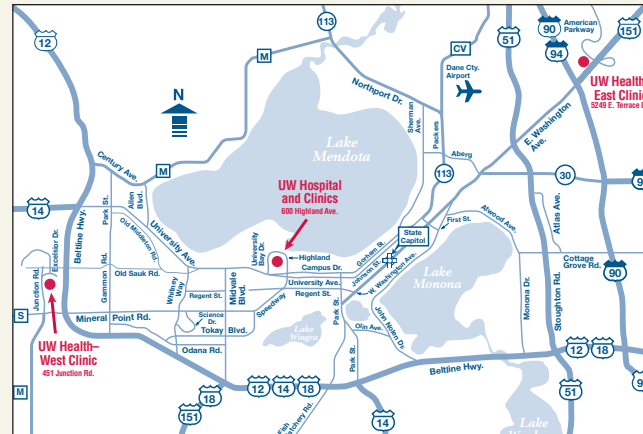


LIFESTYLE SKILLS FOR CHRONIC PAIN

Wednesdays from 3–5 p.m.

This 5-part series presents skills and interventions helpful in managing a chronic pain problem. These sessions, facilitated by UW Health Pain Treatment and Research Center health psychologists, can be taken in any order based on your availability or as prescribed by your physician. The following is a description of the skills that will be presented...

Locations



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

Lifestyle Skills for Chronic Pain

Our 5-Part Series

1. Understanding the Mechanisms of Chronic Pain

This session will provide health education on distinguishing between the types of pain and how it operates in your system. This session is designed specifically for the patient who may want to bring a family member or significant other along to better understand the pain problem. You and your family will be provided with the latest theory on chronic pain available in the medical community. You will learn ways to manage a chronic pain condition and how to make lifestyle changes.

2. Setting Effective Goals for Pain Rehabilitation

This session will coach you in creating effective goals, so that you can measure your progress in your pain rehabilitation. Well-defined goals can help you effectively communicate with your physician about your treatment plan. You will learn one behavioral technique, progressive muscle relaxation, to start influencing the physiology of your pain problem.

3. Fundamentals of Activity Pacing

Making lifestyle changes to better manage your pain problem can be difficult. This session will give you the tools to change habits that get in the way of keeping up with your day to day activities. You will learn a strategy on how to get tasks done more effectively. You will also learn one behavioral technique called autogenics, a form of self-hypnosis, to influence the physiology of your pain problem.

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 one behavioral technique, called guided imagery, to start influencing the physiology of your pain problem.

5. Mindfulness-based Cognitive Therapy

This session will introduce a mindfulness approach to managing your chronic pain. 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. You will also learn one behavioral technique, self-hypnosis, to influence the physiology of your pain problem.

Getting Started

In order to get started, you will need a physician referral for an initial evaluation by one of the health psychologists at the UW Health Pain Treatment and Research Center. 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.

To sign up for this series, or for additional information, please call Pat Maguire at (608) 265-1257.

Pain Treatment and Research Center Health Psychologists



Michael DiMarco, PsyD

Dr. DiMarco believes in a holistic approach to the management of chronic pain, headache and work-related injuries. Treatment may include stress management, family counseling, biofeedback, self-hypnosis

and other forms of relaxation training. In addition to cognitive-behavioral treatment, Dr. DiMarco conducts pre-surgical psychological evaluations and counseling for individuals considering spinal cord stimulator implants.

Dr. DiMarco received his doctoral degree in Clinical Health Psychology from Illinois School of Professional Psychology, completed his internship through University of Wisconsin program at Aurora Sinai Medical Center in Milwaukee and finished his postdoctoral fellowship at the Medical College of Wisconsin.



Shilagh A. Mirgain, PhD, Staff Psychologist

Dr. Mirgain's specialties include pain management, adjusting and coping with medical illness/injuries, biofeedback, stress management, behavioral medicine, couples treatment, women's issues and psychotherapy.

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