



Group Therapy Program

for Adults with Chronic Pain and their Family Members

Department of Pain Medicine and Palliative Care



Welcome to the Group Therapy Program for Adults with Chronic Pain.

How will this program help?

The Department of Pain Medicine and Palliative Care wants to help people living with chronic pain -- and their family members -- to improve the quality of their lives.

At Beth Israel, we understand that chronic pain often affects your mood, your activities, and your relationships with other people.

We also know that you have the ability to learn new skills -- such as relaxation exercises and new ways of thinking -- that can reduce the stress of living with chronic pain.

Using these skills, and the support of our team and other group members, can help you to cope with pain more effectively.

While group therapy does not provide a "quick fix" or cure for chronic pain, it can give you the education, skills, and support you need to lead a more active and

meaningful life -- despite chronic pain.

The stress and disability of chronic pain may feel difficult to manage, but finding your own strengths to better manage pain is possible. We can help.

What should I expect?

Each session is designed to help you find ways to feel 'more alive' and active. You will gain the support and assistance you need to work towards achieving your goals.

At each weekly meeting, our therapists will help you to develop and carry out a personalized plan for managing your pain, using methods that have been proven effective with chronic pain.

Each group session includes a brief talk by the therapist about an aspect of living with pain. Then the group members will participate in a discussion, followed by an activity to reduce stress and improve coping. The therapists will then work "one-on-one" with each person to give feedback and review

your plan for continuing activities on your own during the coming week.

Family members, loved ones, and friends are invited to participate in special group sessions. These sessions focus on steps family members can take to improve their own self-care and encourage the person in pain.

How long does the program last?

We meet once a week for 8 weeks. Each session lasts one and a half hours.

Our team is ready to assist

Each group is led by a clinical psychologist and a social worker specializing in pain management:

Lara Dhingra, PhD
Clinical Psychologist
Program Director

Terry Altilio, LCSW, ACSW
Social Worker

Denise Flynn, LMSW
Social Worker

Information and Referral

For more information about groups that are currently being offered in the Department of Pain Medicine and Palliative Care, for yourself or someone else, please call:

1-877-620-9999

We will make every effort to include all who are interested in participating, however, space may be limited.

You can also visit our website at:
www.stoppain.org

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