LEARN TO BETTER MANAGE YOUR CHRONIC PAIN!
This evidence-based, 10 session group offers cognitive, behavioral, and relaxation strategies to help manage chronic pain. Skills learned in this group aim to reduce stress and physical tension that aggravates chronic pain, changes perceptions of and beliefs about pain, and reduce feelings of depression and anxiety caused by chronic pain.

Where: Child and Family Psychological Services – TBD

Contact Dr. Robert at 781-551-0999 x491. This group may be coordinated with ongoing individual therapy or medication, or may be appropriate without other services. It may also be covered by your health insurance. Please speak with Dr. Robert for details.

Marc Robert, Psy.D., is a licensed Psychologist and Certified Health Service Provider. Dr. Robert received his Doctorate of Clinical Psychology with a Concentration in Health Psychology from the Massachusetts School of Professional Psychology. Dr. Robert completed his internship and post-doctoral training at Cambridge Health Alliance (Harvard Medical School) and Boston Behavioral Medicine.