

# MANAGING CHRONIC PAIN: SKILLS AND STRATEGIES



**Does pain lead you to feel anxious or depressed?**

**Does your pain hold you back from living your life?**

*LEARN TO BETTER MANAGE YOUR CHRONIC PAIN AND RETURN TO LIVING YOUR LIFE!*

This evidence-based 8 session group offers specific skills and strategies to alter your negative emotional and physical reactions to pain, and improve your day to day living.

Skills learned in group aim to **change perceptions of and beliefs about pain, reduce feelings of depression and anxiety caused by chronic pain, and reduce physical tension that aggravates chronic pain through cognitive, behavioral, and mindfulness strategies.**

**Where: South Shore Medical Center, 148 Longwater Dr., Norwell, MA**

Contact Dr. Stone at 781-551-0999 x478. This group may be covered by your health insurance. Please speak with Dr. Stone for details.



Melissa Stone, Psy.D, is a licensed psychologist and health service provider. She earned her doctoral degree in Clinical Psychology with a specialization in Health Psychology from Massachusetts School of Professional Psychology. Dr. Stone completed her pre-doctoral internship at the Bedford Veterans Hospital where she specialized in integrated Primary Care Psychology. She completed her postdoctoral training at Massachusetts General Hospital and Boston Pain Care with the chronic pain population.