

HOPE: Healing Options for Patient Empowerment

Ten-Week Pain Management Program

Dates: Ongoing Wednesdays
Time: 11:30-1:00 PM
Location: Via Zoom teleconferencing
Lead by: Teri Strong, Ph.D., Psychologist



Please note: All Patients MUST have a screening interview with Behavioral Health prior to starting the group- call 541-393-5983 for more information. Patients may begin the group during any week, as topics repeat every 10 weeks.

Weekly Schedule

- July 15:** **Week 1: Group Overview; Understanding Chronic Pain, Part 1**
Group Ground Rules, Weekly Journal, Setting Goals, Introduction to Neuroplasticity. Workbook: *Pain Survival Guide*, by Turk and Winter
- July 22:** **Week 2: Understanding Chronic Pain, Part 2**
Reading to complete prior to group: Intro. And Lesson 1, pages 3-29
- July 29:** **Week 3: Activity, Rest and Pacing**
Reading to complete prior to group: Lesson 2, pages 31-50
- August 5:** **Week 4: Learning to Relax**
Reading to complete prior to group: Lesson 3, pages 51-74
- August 12:** **Week 5: Are you Always Tired? Ways to Combat Fatigue**
Reading to complete prior to group: Lesson 4, pages 75-91
- August 19:** **Week 6: Improving Communication and Relationships**
Reading to complete before the group: Lesson 5, pages 93-111
- August 26:** **Week 7: Changing Behavior**
Reading to complete prior to group: Lesson 6, pages 113-127
- September 2:** **NO MEETING THIS WEEK**
- September 9:** **Week 8: Managing Thoughts and Feelings**
Reading to complete prior to group: Lesson 7, pages 129-147
- September 16:** **Week 9: Gaining Self Confidence**
Reading to complete prior to group: Lesson 8, pages 149-163
- September 23:** **Week 10: Putting it all Together AND Maintenance & Managing Setbacks**, Reading to complete prior to group: Lesson 9, pages 163-170 AND Lesson 10, pages 171-183