

eNewsletter: October 14, 2009

## Announcing Case Management at Brainworks

Brainworks is pleased to announce the addition of Tami Nestor, BA, BScT, Case Manager / Rehabilitation Consultant, to our Windsor team of professionals.

For the past decade, Tami has been a dedicated rehabilitation specialist /disability case manager serving Southwestern Ontario from her Windsor home base. Her strong connection to service providers throughout the region is an asset to our clients.

Known for her client-centred, business savvy approach to case management, Tami provides professional and prompt coordination of care for clients who require individualized treatment plans with multi-disciplinary intervention. Both Brainworks and Tami are excited about serving clients in the Windsor area together.



For more information about our Case Management Services please check out:

*Tami Nestor, B.A., BScT.*  
*Case Manager/Rehabilitation Consultant*  
*Windsor Office: (519) 970-9259*  
*Toll Free: (866) 394-6240 ext. 303*

email: [Tami Nestor](mailto:Tami.Nestor@brainworks.ca)  
Website: [Case Management](#)

## Contain Your Pain

Brainworks' [Contain Your Pain](#) program is a psychologically based pain management program, consisting of evidence-based treatment practices. The [Contain Your Pain](#) program is based on improving the client's ability to manage pain levels and progressively increase independence with activity levels at home and in the community.



Our [Contain Your Pain](#) program can be used as a standalone program for clients or it can be integrated within other services and programs that Brainworks offers. Clients complete an initial standardized baseline assessment and then progress through treatment modules that are based on their particular needs. While completing their individually tailored educational/psycho-educational modules, clients begin to work on strategy implementation. These strategies are practiced in the context of daily life (at home, work, school and community) in order to develop skills across all environments. Although our dynamic program provides consistent monitoring and reporting structure, a standardized pre-post treatment assessment comparison is completed in order to illustrate a clients' progression.

Our clients' are not promised that they will leave treatment pain-free; however, suffering is reduced when clients implement the new skills they develop during the program. As awareness, mood, sleep,

coping skills and physical ability improve, our clients' level of wellbeing increases and continues to progress after the program is completed. Clients' strive to reach the ultimate goal of long-term pain reduction and effective pain management through physical adaptation, cognitive-behavioral modification, and reconciliation of emotional conflicts. Brainworks' [Contain Your Pain](#) program provides clients with the self-care tools aimed at managing, controlling, and reducing pain levels, thereby improving their ability to function at higher levels and, in essence, to take back their lives.

For more information about our [Contain Your Pain](#) program please check out:

*Sarah Vernon-Scott, Ph.D., C.Psych.*  
*Clinical Psychologist*  
*London Office: (519) 657-1180 ext. 108*  
*Toll Free: (866) 394-6240 ext. 108*

email: [Dr. Sarah Vernon-Scott](mailto:Dr. Sarah Vernon-Scott)  
Website: [Contain Your Pain](#)

## Breakfast Seminar on Chronic Pain

In honour of National Pain Awareness Week, November 1 - 7, 2009

**Brainworks presents**  
**Easing Chronic Pain:**  
**Medical, Legal and Psychological Perspectives**

In collaboration with the Departments of Clinical Neurological Sciences and Oncology at the University of Western Ontario, Siskinds Law firm and the Canadian Pain Coalition, Brainworks is hosting a Breakfast Seminar on Chronic Pain, Thursday, November 5, 2009.



There will be a panel of key presenters: Dr. Dwight Moulin, Mr. Jim Mays, and Ms. Arden McGregor, each discussing important aspects of easing chronic pain from medical, legal and psychological perspectives.

For more information about this seminar and our [Contain Your Pain](#) program please check out:

*London Office: (519) 657-1180 ext. 0*  
*Toll Free: (866) 394-6240 ext. 0*

email: [info@brainworksrehab.com](mailto:info@brainworksrehab.com)  
Website: [Contain Your Pain](#)