



Pain Management Program

Working from a behavioural/cognitive behavioural perspective, our **Contain Your Pain** program is **practical**, **time-limited** and **solution-focused**. We target skill and strategy development, and empower our clients to realize their abilities and minimize disability.

The **Contain Your Pain** program provides evidence-based interventions to individuals who are experiencing chronic disabling pain that impacts significantly on their daily lives, resulting in a disruption of their functioning in their occupational, family, leisure, and social roles.

Components of the **Contain Your Pain** Program:

- ☞ An assessment to develop a comprehensive, individualized treatment plan
- ☞ Evidence-based treatment practices that incorporate a cognitive behavioural approach
- ☞ Goal-focused, client-centred and community-based
- ☞ An emphasis on increasing activity levels
- ☞ Psychoeducational sessions that focus on integrating strategies into day-to-day activities
- ☞ Optional vocational component when indicated

Clients achieve their goals by learning and implementing a variety of skills and strategies designed for independent use following participation in the program. Clients will learn to **Realize Their Abilities** by incorporating strategies that **Minimize Their Disabilities**. These strategies do not cure the pain. The strategies within the **Contain Your Pain** program focus on improving the client's ability to manage pain levels and progressively improve their independence with activity levels at home and in the community.

For more information about our **Contain Your Pain** program or our other services or programs, please visit our website, www.brainworksrehab.com, or contact:

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