



## Contain Your Pain™ Cognitive Behavioural Pain Management Program

Contain Your Pain™ is an innovative cognitive behavioural pain management program that has built on Brainworks' *fourteen successful years of providing pain management services*. Now, Contain Your Pain™ provides even better access and more support to those who need it most.

Contain Your Pain™ is a psychology-driven pain management program, which helps participants gain control of their pain condition through psychoeducation, strategies, motivation and support.

The program makes use of cutting-edge, web-based technology as well as telephone and email communication to remove barriers once caused by distance and mobility; it also eliminates travel expenses. The program stands alone, or it can be integrated into psychological treatment sessions.

Participants engage in weekly sessions where strategies are introduced and problem solving occurs to remove any barriers to cognitive and behavioural change. Goals are set, and change is encouraged and reinforced. Supplementary coaching is also available by email, web or phone, to ensure adequate support during acquisition of new strategies. This additional support optimizes outcomes when pain is coupled with cognitive impairment and/or trauma.

This format ensures that clients receive a well-rounded and well-supported psychological treatment program, addressing the cognitive, behavioural, social and psycho-emotional aspects of their pain experience, while ensuring continuity, accountability, and support to accommodate lifestyle changes. Pre-and post-assessments and a post-program report documents participation, progress and recommendations. For those clients who require office or home-based sessions, Contain Your Pain™ is also offered in these formats.

Contain Your Pain's™ audio-video sessions travel between client and therapist with end-to-end encryption, prohibiting unauthorized access. The program has been created in compliance with the standards set out in the Personal Information Protection and Electronic Documents Act (PIPEDA) and the Personal Health Information Protection Act (PHIPA).

For more information about Contain Your Pain™ contact:  
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