Group therapy is a powerful resource that can promote a greater understanding and a new perspective through empowering a changed attitude that will promote joy, peace, and contentment despite your pain. Group is a safe environment to explore options and to get feedback from a wide variety of thoughts and feelings. We will gain awareness of how our actions play a part and impact others. This is a place to assess the triumphs and the setbacks and to get and give support to those who are experiencing many of the same problems that you may be experiencing. You will come to realize that you are not alone as others come alongside you in your struggles to provide mutual support by sharing experiences, strengths, and hopes.

**Group Objectives**

- To live our lives to the fullest by minimizing the effects of chronic pain in our lives and helping others to do the same.

- Receive encouragement, strength and hope. Learning to create a life where pain is not the center of your life. Embarking on the journey from patient in pain to a person who manages chronic pain one day at a time.

- Cognitive Behavior Therapy (CBT) is a type of psychotherapy that is integrated into the group format. The central idea in CBT is that unhelpful thoughts and behaviors can contribute to negative feelings, and negative feelings can increase sensitivity to pain. CBT includes a range of strategies aimed at enhancing coping skills, increase confidence, and self-efficacy for managing pain.

- You will gain support from other group members on how they have coped. Exploring what has worked and what has not worked. We will focus on abilities, not disabilities. Learn to set priorities, reach goals, and assert your basic rights.

- Gain insight into how your chronic pain is affecting your loved ones in much the same way as the pain affects you. Learning to create a “new normal.”

- We will address topics such as isolation, uncertainty, fear, depression, grief, guilt, self worth, anger, and the loss of career or job due to chronic pain.

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**Day & Time**

Wednesday

12:15pm - 1:45pm

**Location**

Northwest Behavioral Medicine

11755 Pointe Place

Suite B

Roswell, GA 30076

Alpharetta/Roswell

(Located in the City of Alpharetta but mailing address is Roswell)

**Investment**

$35.00

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“Courage doesn’t always roar. Sometimes courage is a quiet voice at the end of the day saying, ‘I will try again tomorrow’.”

Mary Anne Radmacher-Hershey

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**Contact**

Please contact our office if you are interested in joining this group.

Phone: 678.784.4293

Email Anastasia: adbean@mac.com