

The mission of the MindBody Medicine Clinic is to promote integration of the physical, emotional, and intellectual aspects of health.

**MindBody Medicine Clinic
Faculty:**

Magdalena R. Naylor, M.D., Ph.D.
Director

Yael Nillni, BA, Ph.D. Candidate
Psychology

Michael Krauthamer, M.A.
Research Project Assistant

John E. Helzer, M.D.
Psychiatry


Michele Comette, B.A.
Research Project Director

Janet Kahn, Ph.D.
Massage Therapist & Research
Consultant

Michael T. Borrello, M.D.
Consultant

The MindBody Medicine Clinic works in close collaboration with the FAHC multidisciplinary Center for Pain Medicine. Experts from the Center and specialists such as nutritionists, psychologists, and others are readily available for consultation.

MindBody Medicine Clinic



management of
chronic pain
program

**A program that will
help transform your life**

Fletcher Allen HealthCare
MindBody Medicine Clinic
Department of Psychiatry
UHC, Arnold 6
1 S. Prospect Street
Burlington, Vermont 05401

www.med.uvm.edu/mbmc

Find Your Own Way...

Patients affected by chronic pain know how hard it can be to tie their shoes, make a bed, work in the garden or simply walk. Although chronic pain may place limitations on their daily activities, it does not mean the end of a fulfilling life.

In response to strong evidence supporting the benefits of relaxation techniques and cognitive-behavioral therapy and the increasing demand for such services, the Department of Psychiatry at FAHC offers an 11-week program specifically designed for individuals with chronic pain age 18 and older.

The goal of this program is to help patients cope with chronic pain in a way that enhances their quality of life.

Who might be helped?

The Management of Chronic Pain program has helped numerous patients improve the quality of their lives. Such patients include those with frequent headaches, low back and joint pain, and abdominal pain. Additionally, individuals with chronic pain who have not received adequate relief from more conventional interventions may benefit from this program.

Program Structure

The Management of Chronic Pain Program is an **intensive 11-week group program** that uses mind/body approaches for the treatment of medical illness. Important features of this program include:

- Individual initial evaluation
- Stress management / relaxation techniques
- Cognitive therapy / communication skills
- Nutrition / sleep hygiene
- Body awareness and stretching exercises
- Patient and family education
- Medication adjustment for treatment of pain, anxiety, and depression if needed
- Referrals to Alternative Therapists as appropriate
- Individual evaluations at the anesthesiology Center for Pain Medicine are available

Patients meet weekly as a group for 90 minutes. Daily homework assignments for the following week are given to practice skills taught at the group meetings. Reports are sent to referring physicians to keep them abreast of their patient's progress. Treatment efficacy and outcomes are monitored systematically by program staff.

How to Apply:

The Management of Chronic Pain Program is open to outpatients by physician referral. Referrals may be made by contacting:

Kimberly Garret
Intake Coordinator
MindBody Medicine Clinic
Fletcher Allen Health Care
UHC, Arnold 6
Burlington, VT 05401

For an appointment call:

Phone: 802-847-COPE (847-2673)

To FAX patient's clinical information:

FAX: 802-847-8747

For more information please visit our web site: www.med.uvm.edu/mbmc

Program Costs:

In most cases, claims will be submitted directly to patient's insurance carrier. However, because health insurance policies differ, reimbursement may vary. Claims are submitted as outpatient mental health clinic visit, unless otherwise specified.