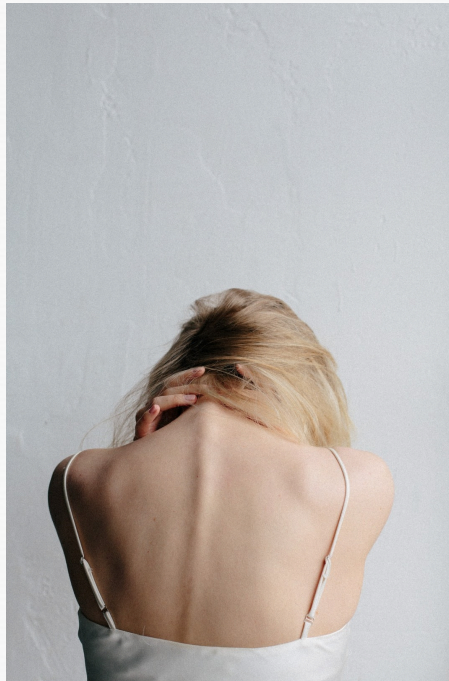


Pain Reprocessing & Emotional Awareness is helpful for the following conditions:

- Fibromyalgia & Chronic Fatigue
- TMJ
- Migraine and headaches
- Back, neck, knee, and foot pain
- Piriformis and sciatic syndromes
- Repetitive stress injuries (carpal tunnel, etc.)
- Irritable bowel, GI symptoms
- Myofascial pain syndrome
- Facial pain, numbness
- Post-Concussion Syndrome
- Vertigo, dizziness
- Irritable bladder, Interstitial Cystitis
- Pelvic floor, abdominal issues
- POTS
- Chronic Regional Pain Syndrome
- Insomnia, Hypersomnia
- Unexplained chest pain
- Hyperventilation
- Anxiety-related physical complaints
- Tinnitus
- Acid reflux
- Multiple chemical sensitivities
- Paresthesias (numbing, burning, tingling, itching)
- Long-COVID
- Auto-immune symptoms
- EDS symptoms
- Any condition where pain or discomfort perpetuates despite a physical condition having healed or undergone prior interventions (like surgery) or where a physical condition has not been found.



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PAIN
REPROCESSING
&
EMOTIONAL
AWARENESS
PROGRAM

*For Chronic Pain
(and other problem symptom)
Recovery*

Do you struggle with chronic pain or other uncomfortable symptoms that have not resolved with medication, physical therapy, surgery, or other medical interventions?

If you answered "yes," you will benefit from Pain Reprocessing & Emotional Awareness!



Carlson Counseling
& Psychotherapy
An Integrative Approach



PAIN REPROCESSING & EMOTIONAL AWARENESS PROGRAM

For Chronic Pain (and other problem symptom) Recovery

WHO SHOULD ATTEND ~ Anyone with one or more chronic pain or other physical conditions that have not responded well to traditional medical interventions and medications.

PURPOSE ~ To significantly reduce or eliminate chronic pain and other distressing symptoms by addressing the root causes of the symptoms.

WHAT TO EXPECT ~ Exploration of the neuroscience of chronic pain and other distressing symptoms and how to apply this understanding to change one's own symptom patterns through evidenced-based techniques.

WHAT'S REQUIRED ~ A willingness to explore one's own emotions, thoughts, behaviors, personality, past experiences, and pain patterns. Active and consistent application of the learned skills is essential for recovery.

WHAT IS PAIN REPROCESSING & EMOTIONAL AWARENESS?

- Skills and interventions aimed at reducing and restructuring pain patterns to eliminate the pain.
- These skills and interventions include: education on the neuroscience of pain, brain retraining exercises, emotional awareness and expression, and somatic (body) tracking.

IS THERE EVIDENCE THAT PAIN REPROCESSING & EMOTIONAL AWARENESS WORKS?

- Yes! Pain psychology and pain neuroscience researchers and practitioners now understand the origin of pain and the reason why pain can be so difficult to retract.
- One research study found 66% of individuals who consistently used pain reprocessing techniques eliminated or nearly eliminated their pain. Google "Boulder Back Pain Study" (2022).

THE DETAILS

PAIN REPROCESSING & EMOTIONAL AWARENESS SKILLS GROUPS:

- Available once per season, virtually (Indiana Only)
- Groups run once weekly for eight weeks.
- Insurance is not accepted for groups.
- Two to three hours of study and application of skills required each week.

WHO FACILITATES THE GROUP AND THERAPY?

- Melanie Carlson, MSW, LCSW, has been trained by leading researchers and practitioners in the field of chronic pain recovery (Howard Schubiner, M.D. and Alan Gordon, LCSW). Melanie has recovered from her own chronic pain using the techniques described in this program.

"BUT, I DON'T LIKE GROUPS"

- Groups are proven to be very therapeutically effective. This group focuses on the solutions rather than the pain and symptoms.

IF YOU HAVE QUESTIONS OR WISH TO ENROLL, visit www.CarlsonCounselingIndy.com, or contact Melanie at Melanie@CarlsonCounselingIndy.com or 317-406-8306