



## Costs

**\$70/treatment**

**OR**

**Pay up front Total cost for  
8 weeks = \$500  
(\$62.50/session)**

Psychological therapies are not covered by Alberta Health Care Insurance but are a frequently covered benefit of many private group or extended health care insurance plans. Consult your insurance provider.

## Our Mission

HealthPointe will be the leading provider of efficient, patient-focused assessment, treatment and rehabilitation of neck and back pain.

The goal of Group Cognitive-Behavioral Therapy for Chronic Pain is to change the way that you think and behave in relation to your pain so that your body and mind respond better when you have episodes of pain.

The group is focused on teaching you how to better manage and cope with your pain, increase your day-to-day functioning and activities, and reduce your emotional distress and suffering—ultimately, to live better despite your pain.

HealthPointe

HealthPointe Medical Centre

Hys Centre • Suite 710, 11010 – 101 Street

Edmonton, AB T5H 4B9

780.453.5255

HealthPointe



## Cognitive Behavioral Therapy

*Patient Focused Care*

# What is CBT?

CBT is a structured, problem-focused and practical therapy approach that deals with the “here and now” and how your current thoughts and behaviors are affecting you. It is an active and direct approach that teaches the specific skills necessary to cope with a clinical problem such as chronic pain.

There is considerable research evidence to support that patients with chronic pain who participate in CBT programs can significantly improve their psychological and physical functioning. CBT pain management programs have shown significantly greater changes for patient’s pain experience, cognitive coping, use of positive coping strategies, and reduced behavioral expression of pain, otherwise known as illness behavior.

## Pain Thoughts and Feelings

Many negative thoughts are common to chronic pain sufferers. Some examples are:

- I can’t do that because of this pain I feel. I am useless
- Nothing will make my pain better.
- Things will only get worse with time.
- I am a failure because I can no longer work or take care of my family like I did before.
- I can’t stop thinking about this pain.

The Healthpointe CBT for Chronic Pain Group will help you change problematic thoughts and behaviors that block you from better managing your chronic pain.

## CBT vs Medication

Studies have shown CBT to be as effective as medication when treating clinical disorders such as depression. It has been shown that CBT and medication impact different parts of the brain when treating depression and when combined can improve treatment outcome and decrease relapse rates.

CBT has been proven to be a powerful technique in helping patients work successfully with their thought process and clinical syndromes such as depression, anxiety and chronic pain. More intensive CBT can be obtained on an individual basis with HealthPointe’s psychologists. Where appropriate, individualized CBT treatment can be recommended following your group treatment at HealthPointe.



## Group

## Treatments

Each group consists of a maximum of 10-15 people. Each group meets for 90 minutes once a week for a total of 8 weeks. The group leader is a registered Psychologist with expertise in pain management.