

## **Psychological Services**

During interdisciplinary functional restoration program, patients work with our psychologists who specialize in the area of chronic health assessment and treatment. Patients participate in psycho-educational groups addressing such pain related topics as sleep management, family issues, assertive communication, and the way that cognitions affect their ability to cope with pain. Patients also meet individually with our psychologists to address individual needs related to goal setting, stress management and mental health issues that contribute to or are exacerbated by chronic pain. Our psychologists work closely with patients to develop a plan for generalizing and maintaining their new pain coping skills after completion of the interdisciplinary program.