



Dear Chronic Pain Patient Care Provider,

As the paradigm for the treatment of non-cancer complex chronic pain moves toward non-opiate interventions and reducing opiate use, we are happy to offer *Breaking Free of Chronic Pain™* as a resource for your patients to learn chronic pain self-management skills.

Our program provides a wide array of tools and techniques for managing chronic pain as well as related depression and anxiety. Patients will participate in gentle movement and self-massage for releasing muscle tension and joint pain, breathing techniques to calm anxiety, emotional releasing exercises, guided deep relaxation, and energy practices to increase vitality as well as decrease pain and reduce stress. Most of these techniques can be done either seated or standing as the person chooses. Patients will also participate in meditation and guided relaxation, either seated or lying down.

In addition to the practices taught, our educational curriculum:

- Provides an overview of how the pain system works, leading to an understanding that pain is changeable by winding down the nervous system.
- Discusses the impact of lifestyle, stress and diet on pain levels.
- Explains the importance of observing thoughts and emotions and their role in the pain cycle.
- Teaches techniques for maintaining energy levels and managing pain symptoms.
- Empowers participants to reclaim responsibility for their well-being.

It is our hope that you will consider providing information about this self-help program to your patients. Feel free to call (541) 210-1952 or email breakingfreeofchronicpain@gmail.com for more information. We are available for presentations to you and your staff and welcome any questions you may have. Please let us know if you would like to receive informational postcards for your patients.

As teachers of mind-body therapy with more than thirty years combined experience, we are passionate about empowering people, through teaching the importance of self-care, to gain a renewed sense of responsibility for managing their health and well-being. Thank you in advance for your consideration.

Sincerely,

Laura Winslow, C-IAYT, Certified Health Coach
Program Director

www.breakingfreeofchronicpain.com