



## The Steven A. Cohen Military Family Clinic at Centerstone

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# Chronic Pain Group

Instructor: Elizabeth Sherr, MA, LPC-MHSP, NCC, CCMHC

Utilizing **Cognitive Behavioral Therapy for Chronic Pain (CBT-CP)** will encourage participants to adopt an active problem solving approach to managing the challenges associated with chronic pain. Techniques such as guided imagery, mindfulness meditation/relaxation, SMART goal formulation, coping styles, cognitive restructuring and sleep hygiene will be covered. The group will foster an understanding of thoughts, beliefs, and behaviors and how social environments can impact chronic pain, encouraging healthy behavioral and lifestyle changes.

**Tuesdays 11:00 a.m. - 12:00 p.m.**  
**Starting September 25, 2018**

**775 Weatherly Drive, Clarksville, TN 37043**

**931-221-3850**

Call for more information or to register.

Interested participants will be required to meet with the group facilitator for screening prior to joining the group.

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[centerstone.org/cohen](http://centerstone.org/cohen)