

Helpful resources:



American Pain Foundation
www.painfoundation.org
1-888-615-PAIN (7246)

American Pain Society
www.ampainsoc.org
847-375-4715

Mayo Clinic Medical Services
<http://www.mayoclinic.com/>
Search term: chronic pain

American Chronic Pain Association
<http://www.theacpa.org/>
1-800-533-3231

*Managing Your Pain Before It Manages
You* by Margaret Caudill; Guilford Press,
2002.

Tips on successful pain management

Find out about your condition by asking
your health care provider any questions
or concerns you may have.

Keep a written record to identify what
makes your pain worse or better and
share that with you health care provider.

In collaboration with your health care
team, design a personal management
plan that includes activities, exercise,
relaxation training, a medication
schedule and a plan for flare-ups.

Set up a support network.

Learn coping skills that help you
manage your pain.

Keep up activities, ensure regular sleep
and rest patterns, eat a healthy diet, and
take medications as prescribed.

Managing pain is ongoing: every day
and step by step.



Central Texas Veterans Health Care System Pain Management Program



This pamphlet will answer questions about:

- Why people are referred to
the Mental Health Clinic for
pain.
- What the Pain Management
program offers to chronic
pain patients.
- What a multidisciplinary
team approach to pain
management means and
does.
- Where to get more
information regarding
chronic pain, and what
resources are available.

**Temple Mental Health &
Behavioral Medicine Clinic
Phone: 254-743-2867**

COMMON QUESTIONS



Why am I being referred to the Mental Health Clinic for my pain when what is bothering me is *physical pain*?

Mental Health is part of a multidisciplinary approach to assist veterans who are coping with chronic pain.

Medication may not be able to completely ease your chronic pain and psychologists can't remove the pain, but they can help by teaching strategies and skills for your pain management that will assist in reducing pain and eventually lead to a healthier and more satisfying lifestyle.



What is a Multidisciplinary Team approach to pain?

Pain Management Clinics have specialist doctors, primary care physicians, nurses, psychologists, physical therapists, and occupational therapists to help people learn to manage their pain.

What does the Mental Health Clinic have to offer?

- Pain Management Groups
- Helping people understand the physical process of chronic pain.
- Teaching effective coping skills.
- Learn how feelings and emotions can increase a person's pain and how to cope with those feelings and emotions.
- Provide a social support network.
- Teach skills to reduce and manage stress, such as relaxation and a cognitive-behavioral approach to pain management.
- Better communication with health care providers.



What can I expect at my first appointment?

- We will describe the pain management program and ask questions about:
- Your history of pain
- Your attitudes and beliefs about pain
- How pain has interrupted or effected your social, personal, and work life
- What coping skills have been helpful or not so helpful
- Your personal expectations from the pain management program



Who do I contact?

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