

## **Welcome to BCH Center for Mind Body Medicine**

Thank you for making an appointment at the *BCH Center for Mind Body Medicine*. We are excited to help you take a different approach toward solving your medical problem!

Our work is based on the idea that our brain creates all our internal experiences, such as pain and many other uncomfortable symptoms. The reason many chronic symptoms do not react to traditional medical interventions is because the problem is in fact in the nervous system - in the brain! We also believe that, in general, the human body is an amazing healing machine, and if it is given the right conditions and tools, healing often comes from within. Cures and improvements happen when patients and healers work together, so we expect patients to actively take part in their own treatment. We can give a diagnosis, teach you about what is going on in your brain and body, and work with you to get better. But we cannot help you if you are not in a place to help yourself.

- *It is important that you know that we will not be relying on medicines or procedures to treat any problems.*

We ask for two commitments from you before your first visit:

1. **Self-education:** Before your first visit, we ask that you educate yourself. Please try to watch the first four videos on the attached/enclosed *Intro to Neural Pain Pathways* handout. Not everything in these videos applies to everyone, but they will help introduce many of the core ideas we will be working with. Also, look at the *Other Resources* section, including the short video on the Paul Hansma website. To get better, you need to understand what is going on in your own brain and body so educating yourself is the first step for all patients. Feel free to also look at as much of the other materials we suggest.
2. **Intake form:** BCH will be sending you an email about your first visit. In this email is a link to the intake form that you can fill out online. This is a very important part of your first visit. If you can't fill out the form online, please make sure that you come to your appointment at least 20 minutes early so you can do it in our office.

Thank you!

We are looking forward to meeting you and working with you.