

BCH Mind Body Program Services

Pain 101, 4 Week Therapy Group

Pain 101 is a 4 week therapy group that aims to support people who are interested in learning how Mind Body Medicine and Pain Reprocessing Therapy can help with chronic pain and other chronic distressing physical health conditions. This is a group that is focused on providing education, then helping people make decisions about their treatment goals.

Acupuncture for Chronic Pain

A therapeutic treatment involving insertion of thin, sterile needles into specific body points. This intervention helps the body release natural pain-relieving chemicals like endorphins, calming the nervous system, and improve circulation to reduce symptoms of pain. Acupuncture is a supplemental treatment intervention to Pain Reprocessing Therapy. For these reasons, patients must be participating in another Mind Body Program.

Pain Reprocessing Therapy (PRT), 8 Week Therapy Group

The 8 Week PRT Therapy Group aims to support people who experience chronic pain and other chronic distressing physical health conditions. The group uses a neuroscience-based approach to help people disrupt the chronic pain cycle by retraining their brain to interpret and respond to pain with reduced fear or anxiety.

Session	Group Topic
1	Pain Education
2	Assessment & Tracking
3	Emotions as a Pain Signal
4	Recognizing Thinking Patterns & Preoccupations
5	Somatic Tracking Part 1: Leaning into Positive Sensations
6	Somatic Tracking Part 2: Leaning into Painful Sensations
7	Self Compassion
8	Maintenance and Relapse Prevention

PRT 8 Week Program, Add-On Services

In addition to the PRT 8 Week Program, people are invited to participate in the following services:

1. Therapeutic Movement Group for Chronic Pain

The goal of this psychotherapy group is to provide people with an opportunity to use Pain Reprocessing Therapy (PRT) concepts and skills to help break the cycle of fear about body movements and sensations that can fuel chronic pain. The group uses yoga and walking as the primary movement activities to facilitate the experiential PRT interventions. On Yoga Movement Days, we will provide a yoga mat, blocks, bolsters, chair, and a blanket for you to use. You are welcome to bring your own gear though.

2. Individual Therapy

This service is an opportunity to get individual support with PRT skills and concepts to support work towards your PRT Program goal. Patients can schedule up to 4 sessions throughout their PRT Program enrollment.

PRT Graduate Program

The goal of this group is to support people who have completed the 8 Week PRT Program. PRT Graduate Program is a 1-hour group that meets once a month. This group will provide PRT graduates with an opportunity to receive ongoing support with PRT concepts and skills.