

What do my scores mean ?

- >> If you scored **10 - 14** "true" this indicates that you have a **moderate amount of chronic pain.**
- >> If you scored **15 - 17** "true" this indicates you have an **advanced amount of chronic pain.**
- >> If you scored **18 - 20** "true" this indicates you have a **severe amount of chronic pain.**

What is Chronic Pain ?

Chronic pain is pain that persists longer than expected, three months or more. The injury that caused the initial acute pain has healed but severe pain persists for years or a lifetime.

It also consist of negative behaviours and attitudes that greatly magnifies the physical sensation of pain gradually pulling people away from their lives into a ceaseless whirlpool of pain.

What issues are dealt with in chronic pain counselling ?

If you have any degree of chronic pain you will need help to deal with it.

I can help you work through the psychological issues that intensify and perpetuate your pain. Some of these may be your depression, anger, doubt, guilt, changes to self esteem and anxiety. By looking at and dealing with these issues you can have better control of your pain levels.

What can I expect to happen ?

At your first visit you will be given a complete psychological assessment to determine the extent that psychological factors influence your pain. You can also request a written report which you can use to support any health or legal requirements.

Each counselling session takes place for 1 hour during which we will work through your chronic pain issues and help you to improve the quality of your life despite your pain. You will also be given homework to complete before the next session.

How many sessions do I need before I can better deal with my chronic pain ?

On average most people require about 8 counselling sessions to understand and get on top of the psychological issues surrounding their chronic pain .

If you need more sessions they are available.

Follow up sessions several months after initial treatment are also recommended.

How do I go about getting an appointment ?

- STEP 1.** Phone the numbers listed for an appointment.
- STEP 2.** Please bring along all medical reports to your first appointment.

Is my chronic pain treatment rebateable through Health Funds ?

Medicare (when referred by a GP) and most other insurance companies cover a major portion of these costs
Written reports are additional. Hourly rates negotiable.

