

# **U.S. Pain Foundation, Inc.**

## **Training for Chronic Pain Support Group Leaders**

March 3 - 4, 2018

Phoenix, Arizona

This two-day training program is designed to train professionals/peer leaders to work with people with chronic pain and their families in a group setting

- Empower your group members to utilize their own internal healing abilities
- Understand the psychosocial stages of pain and grief
- Learn the Pain Connection group model
- Incorporate complementary health approaches
- Develop Treatment Tree Plan and Relapse Prevention Plan
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**Dates:**       **Saturday, March 3rd   9:30 am – 5 pm**  
                  **Sunday, March 4th    9 am – 3 pm**

**Location:** Hampton Inn Phoenix-Biltmore, 2310 East Highland Avenue, Phoenix, Arizona, 85016

### **TAILORED TO MEET THE NEEDS OF SUPPORT GROUP LEADERS**

**Tools and skills that participants will take away:**

- Cognitive Reframing
- Acupressure
- Self-massage
- Breathing Techniques
- Guided Imagery

**Please fill out the Support Group Leader Application and mail completed form along with resume, a copy of licensure and malpractice insurance to address below, if applicable. Applications are due January 29th and limited space is available**

**Costs:** \$375. Includes "*Making the Invisible Visible Chronic Pain Manual for Health Care Professionals*" manual, guided Imagery CD and worksheets. Payment must be made in full before first class. **To register call 800-910-0664 or send your completed application to (fax) 800-910-6951, [gwenn@uspainfoundation.org](mailto:gwenn@uspainfoundation.org) or [info@uspainfoundation.org](mailto:info@uspainfoundation.org).**

Thank you for your interest in becoming a Volunteer Chronic Pain Support Group Leader. Pain Connection, program of the U.S. Pain Foundation, Inc., is dedicated to helping people who have chronic pain and their families.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_

Date of Application: \_\_\_\_\_  
Email: \_\_\_\_\_  
Phone: \_\_\_\_\_

Please circle if you are applying as a: mental health professional/peer-peer leader/other \_\_\_\_\_

Professional Licensure (please circle): LCSW/PhD/LCPC/Other \_\_\_\_\_

Years of experience as a licensed mental health professional: \_\_\_\_\_ other type of helping profession \_\_\_\_\_ peer-peer leader \_\_\_\_\_

Areas of special interest:  
\_\_\_\_\_

Reason for wanting to become a group leader:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please list any experience working with people in chronic pain and/or their families:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please list any group experience:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please provide 3 references (at least two should be professional references if applicable) that we may contact:

1. Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_

2. Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_

3. Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_

\*\*\*Please be sure to attach the following and send or fax completed application to address below:

- Resume
- Copy of your current license if applicable
- Proof of malpractice insurance if applicable

## Chronic Pain Support Group Leader Information and Tips

Thank you for your interest in becoming a **Volunteer Chronic Pain Support Group Leader**. Pain Connection has been serving the pain community since 1999. In May 2016 Pain Connection joined the U.S. Pain Foundation and serves as their direct services component. Becoming a support group leader is a unique opportunity for dedicated individuals interested in making a difference helping the more than 100 million Americans who live with chronic pain. This is a wonderful opportunity to gain experience in leadership, group work, program development, and training.

Pain Connection's mission is to empower people with chronic pain to improve their quality of life, decrease their sense of isolation and take a more active role in their treatment. Pain Connection does this by providing information, psychosocial support, coping skills and training to people with chronic pain, their families and health care providers.

There are many barriers to treatment including lack of effective interventions, untrained health care providers, financial limitations, and stigma. People with pain fall between the cracks of our flawed health care system. Even those lucky enough to have insurance find needed services are not covered under private health insurance, workers' compensation, or disability insurance. Pain Connection has been 'Filling the Gaps in Pain Care' to people with chronic pain for over 17 years.

The beginning of Pain Connection dates back to April 1999 with the start of a single chronic pain support group. This group, started by Gwenn Herman, was due to her being in a motor vehicle accident in 1995 that resulted in chronic pain. Ms. Herman felt compelled to reach out to others to provide support and treatment that she had found lacking during her own experience.

Pain Connection services include: monthly support groups for people with chronic pain and their families, one-on-one peer support, Pain Connection Live Conference Calls, Filling the Gaps in Pain Care (FIG) an 8 week program designed for people with pain and their families to improve their ability to manage chronic pain more effectively, "Pain Warriors" 8 week program and outreach to people from the Military, Veteran's and Family Members, publication of "Making the Invisible Visible: Chronic Pain Manual for Health Care Providers", Training of Trainers and supervision of mental health professionals, annual September Pain Awareness Month events, development of *The National Coalition of Chronic Pain Providers & Professionals (NCCPPP)* a network of health providers, professionals, and organizations dedicated to serving the chronic pain community, information and referrals, community outreach and education, newsletter and website.

Our professional support group leaders are provided **formalized training** and individualized informal training/supervision based on individual experience level. We offer CEU's in many of our trainings free to group leaders. Leaders are also required to attend a current support group for at least one meeting.



**Pain Connection, a program of the U.S. Pain Foundation**

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