

Treatment Modalities

Significantly reduce and potentially eliminate persistent pain and suffering through a paced and sequenced program that includes:

- **Compassionate listening and empathy.** Mary understands pain personally and professionally.
- **Empowerment** and acceptance of the pain processes in your brain and body for increased control.
- **Cognitive Behavioral** Treatments to address how you think, feel and act in response to your pain.
- **Pacing** one's activities for reduced pain, increased pleasure, and functioning.
- **Stress Management** and coping with pain, in life and with work, family and community.
- **Targeted Relaxation** techniques, and specific tools to interrupt, redirect, and diminish pain sensations.
- **Coordination** with your medical providers to optimize care and keep you safe.
- **Attention Training** and Mindfulness to ease and diminish pain.
- **Individualized treatment** to address depression, anxiety, trauma, sleep, fatigue, nutrition and more.



Pain Transformed
through Counseling
Wellness **PAIN CARE**

mwells@wellnesspaincare.com

www.WellnessPainCare.com

P: 541-213-9833

FAX: 866-284-8488



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Mary Wells LCSW

541-213-9833

www.WellnessPainCare.com





Mary Wells LCSW

- Mary has pioneered brain/ body treatments for over 25 years and specializes in chronic pain.
- Howard Schubiner MD has authorized Mary to deliver the Unlearn Your Pain Treatment.
- *"I truly understand chronic pain from a personal and medical perspective If you are willing, I can help you move towards freedom from pain and suffering."*

Mary Wells

Your Pain is Real

- Wellness Pain Care treatments are based on the recognition that traditional medical approaches alone are inadequate to treat the brain's reaction to pain. Evidence is abundant that extending your doctor's care with this individualized multidisciplinary approach is highly effective.
- Chronic pain can be successfully treated with education, multiple modalities creating an individual treatment plan to diminish sensations and suffering.
- This requires patient willingness and openness to actively engage in practicing tools and incorporating some changes in lifestyle and thought processes.

"Mary was knowledgeable, kind, a great teacher, and best of all, effective at what she does. Pain no longer runs my life. It's great to have my life back!"

- Previous Patient



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A Revolutionary Approach

- Wellness Pain Care is a new concept in the coordinated medical treatment of persistent pain, developed by Mary Wells, LCSW.
- This approach will enable you to understand the neurological processes that create and maintain pain and how to interrupt, diminish and potentially eliminate pain.
- Individuals will be given multiple tools and carefully guided through the process.
- Mary can coordinate with other key medical providers to create an environment of team based care for your safety and best possible outcomes.