

## About Complex Pain Recovery® Consultations

For most, the majority of pain conditions are resolved or greatly improved with proper treatment and time. When pain persists longer than 6 months this is an indicator that there are complex factors disrupting the healing process. Other areas of your life begin to be affected and in time you become a pain patient. The constant battle becomes an obsession between a perception of controlling the pain verses a medical solution that will take away the pain. The insistence of the obsession is overwhelming and many people find themselves struggling with anger, fear, anxiety, depression, isolation, grief, dependency and addiction.

Complex Pain Recovery® is a complement to pain management creating a new perspective with a recovery mindset. Complex Pain Recovery® mindset will shift the focus and change your experience of pain. This approach addresses the pain in healthier ways so you can gain freedom from thinking, feeling, and acting like a victim, or being held captive by your pain. The goal of Complex Pain Recovery® is to gain a higher level of overall functioning, restore relationships, reduce or eliminate long-term use of opiates, or other habit-forming substances. The Complex Pain Recovery® mindset will entail exploring the complexity of psychological, physiological, and biological factors that are obstructing your potential for healing and overall well-being. Complex Pain Recovery® utilizes a biopsychosocial model that begins to help you distinguish between the physical pain and the emotional suffering it causes.

Consultations and Individual Sessions are available by phone, telemental health, or face to face. Depending on your needs and goals, a one-time consultation may be all you require to gain insight and new direction. Others may benefit from more one on one intensives to solidify the recovery process.

## What People Are Saying

“The Chronic Pain Support Group has helped me in so many ways. It gives me an opportunity to be around others who understand exactly what it’s like to live with chronic pain and how it affects every facet of your life.”

“Anastasia’s gentle facilitation helped the group to open up about their fears and frustrations. I learned how to accept my chronic pain as a fact of life and to use the tools she taught to both minimize my pain and to slowly change my attitude toward my new reality.”

“Anastasia seems to carefully select the group members to include individuals who strive to attend regularly and who sincerely want to improve their lives. The meetings are a great balance of interpersonal sharing and pain management techniques. Within the group, you will learn and utilize techniques that can change how you “think about the pain” and how you might “reshape” your thoughts about pain.”

## About Anastasia Bean LPC, NCC

Ms. Bean is a licensed professional counselor (LPC), a nationally board certified counselor (NCC), a Certified Complicated Pain Recovery™ Coach, and she holds a Masters in Clinical Mental Health Counseling from Georgia State University. She has developed an expertise in chronic pain through her collaborative work with pain management specialists. Inspired to better serve the chronic pain community she created a chronic pain and fibromyalgia support group where she incorporates evidence-based modalities for managing complex pain. She also utilizes a pain recovery language aimed at enhancing coping skills, increasing levels of functioning, with a focus on decreasing medication reliance. Ms. Bean serves on the CPA (Chronic Pain Anonymous) Board of Trustees as a professional advocate.

Ms. Bean’s therapeutic approach is strength based and integrative, utilizing solution-focused, experiential, gestalt, acceptance and commitment therapy (ACT), and cognitive-behavioral therapy (CBT). She has trained extensively in emotionally focused therapy (EFT) and enjoys working with individuals, couples, and families. She believes the therapeutic relationship is vital and uses a humanistic approach based on trust and unconditional positive regard. Ms. Bean seeks to help clients gain insight into the past and evaluate present living. Exploration of awareness, coping skills, and motivation of present living are examined to create new patterns of thought, new emotional responses, and behaviors to not only heal and reach life goals but to thrive and live fully.

Before seeking a career as a professional counselor, Ms. Bean worked in the Real Estate and Fashion Industries for 25 years. Her background includes 11 years of volunteer experience and the privilege of working with individuals and families affected by addiction. Ms. Bean became a professional counselor because she is passionate about helping others find new, more effective ways of coping and living life with serenity.

Areas of expertise: Chronic Pain and Illness, Couples, Interpersonal Relationships, Depression, Anxiety and Stress, Addiction / Co-Dependence, ACOA, Grief and Loss, Women’s Issues, Life Transitions



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# Complex Pain Recovery® Consultations and Support Groups

Courage doesn’t always roar. Sometimes  
courage is a quiet voice at the end of the day  
saying, “I will try again tomorrow.”  
— Mary Anne Radmacher-Hershey





## Cognitive Behavioral Therapy

Cognitive Behavior Therapy (CBT) is a short-term goal oriented field of psychotherapy that has been researched and proven to be effective in reducing pain. The central idea in CBT is that unhelpful thoughts and behaviors can contribute to negative feelings and negative feelings can increase sensitivity to pain. CBT works by challenging people’s unhelpful thoughts, behaviors and attitudes. Learning to identify the unhelpful thoughts, behaviors and the underlying belief systems that influence a person’s cognitive process as well as how these processes relate to the way a person behaves, is a way of dealing with chronic pain. CBT includes a range of strategies aimed at enhancing coping skills and increasing confidence with the goal of effective self-management of chronic pain.

## Complex Pain Recovery Support Group

Group therapy provides support by hearing from others. Participants experience relief by understand that they are not alone. A new perspective can be explored and solutions are presented that you may have not previously considered.

**Session 1 — Introduction to the Stress-Appraisal Connection.** Living with chronic pain is a stressful reality. We all have biological, emotional, and cognitive responses to pain. Learning how you judge or appraise the pain experience is key to being able to restructure your thoughts, which will impact how you respond to everyday situations. Goals will be identified. A baseline will be explored to begin implementing pacing techniques.

**Session 2 — The Basics of Cognitive Therapy and Identifying Automatic Thoughts.** Living with chronic pain can alter your thoughts over time to a negative thought pattern. Becoming aware and being able to recognize the cognitive distortions, or negative thought patterns, can change how you experience pain.

**Session 3 — Evaluating and Challenging the Automatic Thoughts.** Your new thoughts will be explored and affirmed based on facts and evidence. Creating more realistic alternative responses will promote a new perspective and create a positive impact on your thoughts, emotions, and behaviors.

**Session 4 — Understanding Intermediate and Core Beliefs.** Learn to identify your core beliefs or underlying belief systems. Understanding your core beliefs is essential in understanding generally held attitudes, assumptions, and rules about yourself, others, and the world.

**Session 5 — The Mind–Body Connection–The Relaxation Response (RR).** Dr. Herbert Benson was a pioneer in researching the benefits of mastering the RR. Development of the RR requires practice with a variety of breathing and mindfulness techniques. The immediate benefits have an impact on how you perceive stress and pain in the moment. The long-term benefits decrease anxiety and depression plus increase your overall state of well-being.

**Session 6 — Construct and Use Coping Self Statements.** These statements will function as cognitive cues or shortcuts and are broader than alternative responses and automatic thoughts.

**Session 7 — Assertive Communication and Helping Our Loved Ones to Understand.** Living with chronic pain increases your emotional needs. Learning to express your needs in an assertive and more effective manner will enable you to effectively manage situations and communicate with the people in your life to create a “new normal.”

**Session 8 — Wrap Up, Review, Plans for Maintenance.** Re-assess where you started and develop a plan for continued success.

**Complex Pain Recovery® Group fee \$450.00**



Change your thoughts and you  
change your world.  
— Norman Vincent Peale

## Group Purpose

Group therapy is a powerful resource that can promote a greater understanding and a new perspective through empowering a changed attitude that will promote joy, peace, and contentment despite your pain. Group is a safe environment to explore options and to get feedback from a wide variety of thoughts and feelings. We will gain awareness of how our actions play a part and impact others. This is a place to assess the triumphs and the setbacks and to get and give support to those who are experiencing many of the same problems that you may be experiencing. You will come to realize that you are not alone as others come alongside you in your struggles to provide mutual support by sharing experiences, strengths, and hopes.

- Embark on the journey from a patient in pain to a person who manages chronic pain one day at a time.
- Gain support from other group members on how they have coped, exploring what has and has not worked. We will focus on abilities, not disabilities. You will learn to set priorities, reach goals, & assert your basic rights.
- Gain insight into how your chronic pain is affecting your loved ones in much the same way as the pain affects you, learning to create a “new normal.”
- Address topics such as isolation, uncertainty, fear, depression, grief, guilt, self-worth, anger, and the loss of career or job due to chronic pain.



Groups consist of 6 to 8 people, so  
space is limited. Call for a free  
consultation to see if this group is  
a good fit for you.