

# What Is Recovery

"Recovery is a process of change whereby individuals improve their health and wellness, to live a self-directed life, and strive to reach their full potential." - SAMHSA

## Complex Pain Recovery® Consultations and Coaching

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 versus 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. The goal of Complex Pain Recovery® is to gain a higher level of overall functioning, restore relationships and 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.

### Four Areas of Recovery

- Assessment
- Dependency/Addiction
- Validate/Believe
- Tension/Myofascial Syndrome
- Mind/Body Syndrome

- Educate
- CBT/ACT
- Process Intense Emotions
- You Are Not Alone
- Isolation/Trauma

\*Increase Adaptability and Ability to Cope\*

- Reduce Danger Signals
- Mindfulness
- Psychosomatic

- Body Restored
- Lifestyle/Nutrition
- Sleep
- Exercise/Pacing

## About Anastasia Bean- Moon, MS, LPC, NCC

Anastasia is a licensed professional counselor (LPC), a nationally board certified counselor (NCC), and a Complex Pain Recovery® Coach. 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 Complex Pain Recovery®, which incorporates evidence-based modalities for managing complex pain. Her services have expanded to include short term therapy directly aimed to coach individuals in a Complex Pain Recovery® mindset empowering them to live life with their chronic condition in the background of their lives. Utilizing a recovery language targeting enhanced coping skills, increasing levels of functioning, with a focus on decreasing medication reliance. Anastasia serves on the CPA (Chronic Pain Anonymous) Board of Trustees as a professional advocate.

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. 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, Anastasia 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-Moon 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

### In Person and Virtual

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# Complex Pain Recovery®



## Consultations Coaching Classes



**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

# Flexible Solutions

For your personal needs

Depending on your needs and goals, a one-time consultation may be all you require to gain insight and a new perspective. Others may benefit from more one on one intensives to solidify the recovery process.

## Complex Pain Recovery®

### Class Program

**Session 1 — Mind Body Connection and How Stress Plays a Leading Role:** Living with chronic pain is a stressful reality and can become an obsession. 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 — Pain and the Brain and Cognitive Behavioral Therapy (CBT)** 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 — Going Deeper learning to Evaluate, Challenging, and Restructure 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 — Mindfulness Learning to Let Go.** Introducing mindfulness as a cognitive tool to create a different relationship with your thoughts and to integrate your deeper belief system to create a recovery mindset. Learning to let go and relax is paramount to recovery.

**Session 5 — Acceptance and Commitment Therapy (ACT).** ACT is a form of behavioral therapy that takes the view that by accepting negative thoughts and feelings, individuals can choose a valued direction in which to take action and make positive changes.

**Session 6 — Assertive Communication and Helping Our Loved Ones 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 7 —Explore Writing Techniques and Plans for Continued Recovery** “Writing about stressful situations is one of the easiest ways for people to release the negative effects of stress from their bodies and their lives.” –James Pennebaker, PhD.

## Online Group Class

Providing Solid Coping Skills and Techniques

### What People Are Saying

Complex Pain recovery class “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 class 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 class 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.”

# Change your thoughts and you can change your world.

-Norman Vincent Peale

### Class Purpose

Complex Pain Recovery® 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. <sup>[1]</sup><sub>[SEP]</sub>
- 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.” <sup>[1]</sup><sub>[SEP]</sub>
- Address topics such as isolation, uncertainty, fear, depression, grief, guilt, self-worth, anger, and the loss of career or job due to chronic pain. <sup>[1]</sup><sub>[SEP]</sub>

### Fees for Service

**Class: \$500.00**

**Consultation: \$200.00**

**Individual / Coach: \$175.00**