

For Individuals Coping with Chronic Pain or Illness

Is chronic pain holding you back from living the life you want to live? Are you looking for ways to manage your pain in addition to medications?

There are many non-medication tools that people can learn and use to significantly lessen their suffering associated with chronic pain. WellSpan Philhaven offers groups designed to help individuals learn ways to train their minds and bodies to reduce stress so they can do more of the things they want to do. In-home exercises are also provided.

Group sessions will focus on:

- Learning tools to manage chronic pain
- Support with disease adjustment
- Practicing new skills and techniques in session
- Providing a safe and friendly environment to discuss or process individual experiences of pain and the use of pain management coping skills

Most insurance plans are accepted.

Full scholarships may be available for patients enrolled in a medication-assisted treatment (MAT) program for opioid use disorder.

Inclusion Criteria

Group members must be at least 18 years old. It is recommended that group members are able to participate in listening, speaking, reading and writing activities that are conducted in English. To ensure group appropriateness, new participants may be invited to meet with a group leader individually before starting group sessions.

Enrollment is open and ongoing

Lancaster County

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Lebanon County

(717) 389-0368 ext. 5401

York County

(717) 851-1500

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GroupTherapy

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