

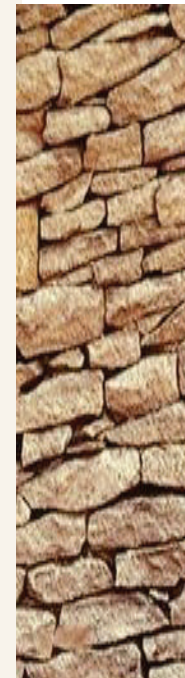
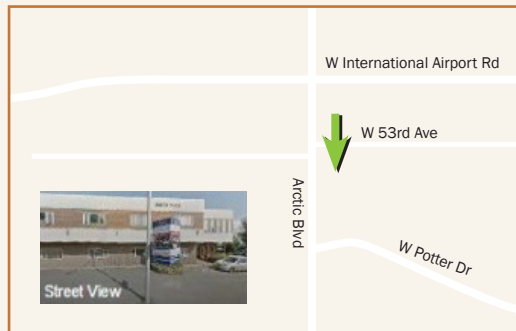
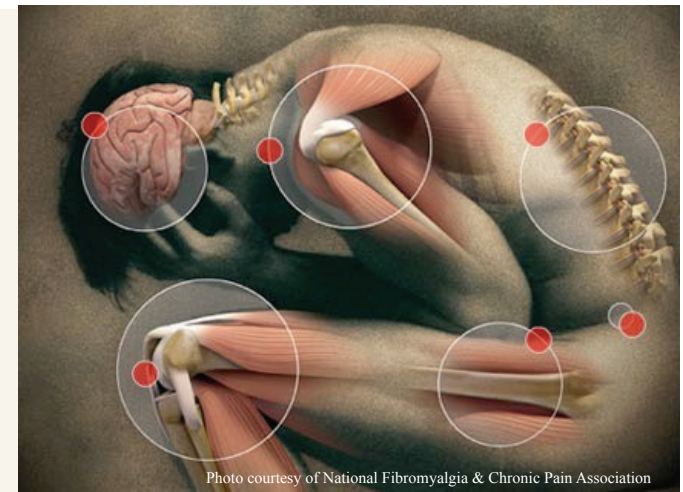
Do you suffer from Chronic Pain?

People with persistent pain often think of themselves as suffering from a specific ailment, whether it's arthritis, back pain, migraines, or something else. But anyone who has experienced pain for several months or longer also happens to be among the millions of Americans with a condition known as chronic pain. Some causes of chronic pain include:

Tendonitis	Low Back Pain
Back Pain	Lumbar Stenosis
Bladder Spasms	Morton's Neuroma
Carpel Tunnel	Muscle Pain
Chronic Fatigue Syndrome	Muscle Spasms
Coccydynia	Musculoskeletal Pain
Elbow Pain	Pinched Nerve
Fatigue	Radiculopathy
Fibromyalgia	Sciatica
Heel Spurs	Neurogenic Pain
Hernia	Sickle Cell Anemia
Knee Pain	Spinal Cord Injury
Nausea	Temporomandibular Joint Disorder (TMJ)
Neck Pain	Tennis Elbow
Headaches	Urinary Retention
Trigeminal Pain	Whiplash

Finding a Group That's Right for You

- This is not a crisis management group or a group to deal with addiction issues.
- Social skills adequate to function in a group are required.
- It is expected that any use of pain controlling substances is under a provider's oversight and monitoring.



**Kade & Associates
and
Lubitch Counseling**

Chronic Pain Management

*Have You Hit a Brick Wall in Your Pain Management?
You Can Dismantle That Wall*

**Come to our group.
It can't hurt any more than it does right now!**

Contact us at
(907) 947-6676

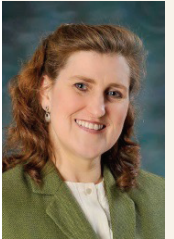
5313 Arctic Blvd. Suite 208,
Anchorage, AK 99518

Our Anchorage Clinic:
5313 Arctic Blvd. Suite 208,
Anchorage, AK 99518
Contact Kaya Kade,
907-947-6676

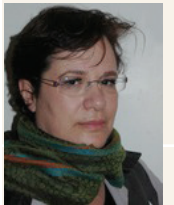
Friendly, Knowledgeable Staff



Kaya T. Kade LPC, CDMS, TEP, is a Licensed Professional Counselor, a Certified Disability Management Specialist and also certified in Sociometry, Group Psychotherapy and Psychodrama as a Trainer Educator and Practitioner. Kaya uses her own experiences with chronic pain to further inform her practice, finding ways to increase clients' engagement in life in productive satisfying ways. She utilizes a variety of interventions stemming from Positive Psychology, CBT, Jungian Archetypes, Transactional Analysis and Psychodynamic perspectives embedded in an action framework.



Gretchen A. Cusack, RN, MSN, an RN for 29 years, has practiced in all specialties and settings. The focus of her MSN (Masters of Science in Nursing-1992) was empowerment through geriatric rehabilitation. She has practiced case management since 1993, and additionally as a Gerontological Clinical Nurse Specialist and an Advanced Oncology Certified Nurse. Gretchen has a special interest in reducing disability through innovative pain management strategies, and has been involved in chronic pain practice for twenty-two years.



Tami Lubitsh, LPC, RDT. Tami is a Licensed Professional Counselor and an approved LPC supervisor. She has a Master of Arts in Counseling Psychology from the California Institute of Integral Studies. She is currently working in private practice and as consultant for the State of Alaska on the Complex Behavioral Training Program. Tami is a registered drama therapist. She specialized in treating trauma, and has a passion to explore innovative treatment methods. She is an avid believer in people's ability to change, grow, and have a fulfilling life.

Looking For Help with Your Chronic Pain?

Living with a chronic condition requires changing the way you think about your health care and your life. The information in these sessions can help you begin to regain control and become an active participant in your life.

Pain Management Group

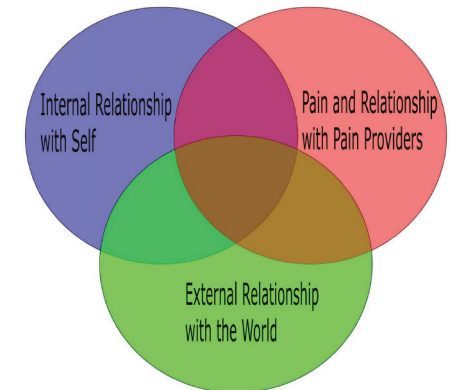
Kade & Associates will be hosting a six week chronic pain management group for adults. The group will be co-facilitated by two Licensed Professional Counselors and assisted by a Registered Nurse. The members will be exploring issues related to pain using a variety of modalities including cognitive behavioral, expressive therapies, action techniques, psycho-educational discussions and peer support. A cursory telephonic screening followed by an interdisciplinary initial assessment will be required and once accepted two short pain management assessments at the start and end of the six weeks will be administered to document progress.

Individually Tailored Approach

The group will provide a safe place where people can:

- **Process** thoughts and feelings about pain.
- **Reduce** the stress of coping with pain.
- **Learn** skills to deal with pain.
- **Practice** skills to deal with pain.
- **Understand** interpersonal dynamics created by the process of dealing with pain.
- **Empower** clients to learn about mechanism of pain.

The expected outcome is increased pain management skills with an improvement in quality of life. Clients will be empowered to understand how they can facilitate their own pain management.



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Pain management can be improved from any area on the above diagram. As one increases one's ability to access any area on the diagram one increases an inner locus of control and an improved self concept. This diagram will guide the group.