

## Additional Information

Acadia Hospital's providers are experienced in treating pain, mental, and emotional health using cognitive-behavioral therapy (CBT). Participants and their primary care providers will receive pre and post patient assessment results from the program using standardized and validated measures including the SOQ 2.0, The West Haven-Yale Multidimensional Pain Inventory, and the Current Opioid Misuse Scale.



## Cognitive-Behavioral Pain Treatment Program

### Program Schedule and Registration Instructions

The program is offered on an eight-week schedule and occurs at two different times of day to accommodate participant schedules, including evening hours.

*To schedule a consultation, or to inquire about the program schedule, please contact Acadia Hospital's Access Center at 973-6100, or ask your primary care provider to complete a CBT Pain Treatment Program referral form on the Acadia Hospital Website—[www.acadiahospital.org](http://www.acadiahospital.org).*



## Cognitive-Behavioral Pain Treatment Program

**A Specialty Program of Acadia Hospital**



**Acadia Hospital  
268 Stillwater Avenue  
Bangor, Maine 04401**



# CBT Pain Treatment Program

## CBT Pain Treatment Program

The CBT Pain Treatment Program is an 8-session program for adults who experience chronic pain. CBT has been demonstrated to help individuals with chronic pain to increase their level of functioning, reduce pain interference, depressive and anxiety symptoms, and reliance on prescribed opioid analgesic pain medications. What's more, outcome studies have shown that the benefits of CBT pain treatment can last well beyond the treatment program itself.

Chronic pain affects millions of Americans. The experience of frequent pain is scary and frustrating. In addition, people who suffer from pain often have heightened anxieties about their health, periods of depressed moods and find themselves frustrated because day to day activities can seem harder and harder to accomplish.

## What to Expect

The CBT Program offers a highly personalized service to individuals referred by their primary care providers. Sessions focus on developing participant self-awareness and self-efficacy relative to their pain while also teaching evidence-based strategies to reduce health-related anxieties and depressive symptoms. Participants will learn strategies of behavioral pacing, self-monitoring and relaxation training to reinforce and extend their participation in healthy activities.

## **How do you know if this program is right for you?**

- Have you noticed your pain is interfering with your daily activities, perhaps causing you difficulty in achieving your personal goals, or consistently distracting you so it is hard to get anything done?
- Do you continue to worry excessively about your health despite regular health check-ups?
- Do you have difficulty sleeping, eating, and engaging in physical activity because of frequent discomfort?
- Are you hoping to avoid the use of medications, or reduce your reliance on pain medications to treat your pain?

## Collaborative Care

This program is structured to provide both participants and primary care providers regular treatment updates and feedback to fully support an interdisciplinary model of care within our communities.

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