

ACT

Beyond Pain



- Discover why painkillers are not the long-term solution
- Determine what you value and how you want to live your life
- Stop your thoughts from holding you back
- Develop mindfulness skills to keep pain in perspective
- Commit to meaningful actions leading to richer, more fulfilling experiences

9 week class

Offered in Albany, Lebanon & Corvallis

Contact: Lianne Dyche, 541-967-3866 X2529

(Testimonials on back side)

Testimonials

"This group has helped me take thoughtful, purposeful steps forward in my life. Since starting, I have started Graduate school and am being successful so far."

"Whether it's being used for physical pain or emotional pain, the information and techniques in this group are helpful beyond measure. I have found a new quality of life that I couldn't imagine."

"Great group. Always good ideas on how to deal with pain. Thanks so much."

"Thank you for showing me that there are tools that can help with pain and negative thoughts."

"I have been attending ACT Beyond Pain group for 3 sessions now and will be assisting in the next session- each time I get something new out of it. It is more than a pain group to me; it is a "learn how to find out who you are again" group as well. The Values aspect of the program has helped me start to figure out who I am AND who I really want to be. It is a serious group that also laughs a lot.... and I think that is an important Rx for pain as well, laughter. I really think this group should be called something more than just a pain group. I also want to add, it helps with emotional/mental pain as well as my physical pain."

"ACT Beyond Pain group is life changing! It gave me the skills and techniques to live my life the way I want to, in spite of my chronic pain. Before this group I was alone in my pain and miserable. Now I have a great group of supportive friends who understand what I go through on a daily basis. For anyone suffering from physical or emotional pain I highly recommend ACT Beyond Pain!"