

**This resource was created by one of the AHRQ Opioids and Older Adults learning collaborative members, Westfield Family Physicians. It describes the steps required to create a resource handout for clinicians and patients for one type of non-pharmacological pain treatment and the offering providers in their practice area.**

Below you will find the handout we created for cognitive behavioral therapy (CBT). All non-pharmacological alternative resources are specific to our area.

Here is the process we used:

1. The committee members met and brainstormed various alternative treatment options available to treat chronic pain.
2. Committee members then chose an area of interest to research (CBT, chiropractic manipulation, physical therapy (PT), acupuncture, etc.).
3. We found local providers that offered the services (through the internet, office rolodex, word of mouth, polled staff).
4. Made phone calls to confirm contact information.
5. Committee members wrote a brief overview, offering basic information describing the alternative treatment so patients could make an informed decision about pursuing care.
6. Providers at the office reviewed the listings and then we attached the resource lists to our planned packages.



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### Cognitive Behavioral Therapy

Cognitive-behavioral therapy , also called CBT, is a way to help you stay well or cope with a health problem by changing how you think. And how you think affects how you feel.

Using CBT, you can learn to stop negative or discouraging thoughts and replace them with helpful thoughts. This kind of thinking also involves calming your mind and body. You can use one or more techniques. These may include meditation, yoga, muscle relaxation, or guided imagery.

CBT is just one of several approaches that may help manage chronic pain. Most patients will find that more than one approach will be needed to provide pain relief and improve function.

Counseling is covered by many insurance plans and HSA benefits. Check your plan.

#### **Counselors with experience using CBT/Mindfulness to treat Chronic Pain**

Family Services of the Chatauqua Region: Dr. Kelly Burkhouse  
332 E 4th St  
Jamestown, NY 14701  
Phone: 716-488-1971

Christian Counselling Associates: Ned Lindstrom  
405 Howard Ave  
Jamestown, NY 14701  
Phone: 716-271-1445

Gateway Center: Louise DeCostro-Bacher or Amanda Hails  
186 Lake Shore Dr W,  
Dunkirk, NY 14048  
Phone:716-366-7660

Serenity Wellness Mental Health Counselling: Sandra Swartout  
sswartout@serenitymhc.org  
(716) 275-0995

Chautauqua County Mental Health: initial evaluation to match patient and provider  
Address: 200 East 3rd Street 5th Floor  
Jamestown, NY 14701  
Phone: (716) 661-8330