

Mindbody Medicine Program Presents

Breaking The Pain Cycle

Techniques and tools to overcome chronic pain and other physical symptoms

Join **Dr. John Stracks, Director of Mindbody Medicine at Northwestern Medicine and Alan Gordon, LCSW**, for a two hour webinar on using psychological techniques to heal chronic pain and other physical symptoms. This presentation will provide concrete techniques to help sufferers overcome their symptoms. Some of the specific areas covered will be: overcoming conditioned responses, breaking the pain's reinforcement, and the development of outcome independence. These tools can be used by anyone with psychogenic pain and can significantly reduce or eliminate symptoms in a matter of days or weeks. A 30 minute question and answer session will follow the presentation.



Alan Gordon is the Director of the Pain Psychology Center in Los Angeles, CA. Alan is an Assistant Adjunct Professor at the University of Southern California, has authored publications on the treatment of chronic pain, and has presented on the topic of pain treatment at conferences and trainings throughout the country. He served as the chair for the 2013 Mind-Body Conference at USC, and co-created the Treatment Outline and Training Protocol for the Psychophysiological Disorders Association.

Date and Time: Thursday, June 25th

6 to 8 p.m. Central Time, 4 to 6 p.m. Pacific Time

Where: Prentice Women's Hospital, 250 E. Superior
or online viewing is available per request from Dr. Stracks

Cost: \$20

Registration: To register or for more information, please call Health Resources at **312-926-8400** or visit us online at **classes.nmh.org/listing/all**. For more information, call **312-926-DOCS** or email Dr. Stracks at info@drstracks.com.

Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312-926-3112.

Northwestern Memorial is committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care and access to treatment and programs in a non-discriminatory manner, and eliminating healthcare disparities. For questions, please call the Patient Representative department at 312-926-3112, TDD/TTY number 312-944-2358.

