WHAT:
In this six-week series of classes, patients receive treatment proven to reduce the negative effects of chronic pain. With the guidance of a behavioral pain specialist, participants learn techniques to:

• Reduce stress level and improve sleep
• Gain a better understanding of chronic pain
• Self-manage chronic pain and remain active
• Address pain flare ups
• Engage in proven relaxation strategies for the body and mind

To maximize participant benefits, we recommend regular attendance at all sessions.
Rose A. Gonzalez, PhD, is a clinical health psychologist who specializes in chronic pain management. She is a graduate of the University of Southern Mississippi in Hattiesburg, MS, and completed an internship and fellowship in clinical health psychology and HIV/infectious diseases healthcare at Michael E. DeBakey VA Medical Center in Houston, TX.