A Whole Person Approach to
OVERCOMING SEVERE PAIN SYNDROMES

Our goal is to reduce or eliminate the syndrome that promotes and worsens pain. We understand that chronic pain often results in a collection of symptoms such as narcotic dependence, depression, insomnia, sexual dysfunction and others that actually worsens pain. This is called a chronic pain syndrome. Syndromes can cause worse or heightened pain which is known as hyperalgesia. Narcotics are also known to cause hyperalgesia.

Our program is effective because we treat the pain syndrome that causes hyperalgesia. By directing our attention toward the actual causes of worse pain we can achieve pain reduction. We do this by paying attention to whole person which includes chemical, psychological, and physical factors in the development of a Chronic Pain Syndrome. Our multidisciplinary team approach insures that the whole person is better understood.

Our six week program begins with an out-patient evaluation. If a patient is considered a good candidate for our treatment, then admission is scheduled. Treatment begins with admission to the hospital where our team of doctors, therapists and others develop an individualized program of care which is then carried out at our Cold Springs Clinic over the remaining six weeks. Upon successful completion of the full in-patient program, we then follow-up our patients for one year in our Aftercare Program to insure continuing progress.

Our treatment is effective because of our:
:: Intensity and frequency of individualized care
:: Detoxification “from”, drugs, diet and behavior pattern
:: Reducing narcotic caused pain (hyperalgesia)
:: Seclusion from life circumstance
:: Self-management and adaptation
:: Cognitive-perceptual change
:: Strength development and pacing
:: Multidisciplinary Team
:: One year follow-up aftercare

DETOXIFICATION
and
PAIN REDUCTION

It is amazing, but true, that eliminating narcotics and other toxins can actually reduce pain. This is especially true when detoxification is carried out slowly in a secure and comfortable environment.

Our detoxification program is three-fold:

1) Medication tapering/elimination /optimization.
2) Dietary detoxification that is anti-inflammatory, hypoallergenic, and low toxicity.
3) Pattern change both behaviorally and cognitively.

While "subtracting" toxins, we are also "adding" back a variety of other pain management skills to reduce and control pain.

Gary Mills, Ph.D.
Director, Psychologist, AAPM-Dipl.

It is our hope that this brochure will help you understand our approach to effective treatment of chronic pain syndromes. Our emphasis is on health and healing of the whole person, not only pain reduction. Since 1983 we have effectively treated chronic pain syndromes by focusing treatment on functional restoration, resilience, adaptation, improved strength, self-regulation, reduced toxicity, and perceptual control of pain.

Our program is staffed by an interdisciplinary team who prepare individualized treatment plans for each patient and update those plans on a frequent basis. Our approach has been validated over many years by scientific research combined with our professional treatment experience. It is to chronic pain syndrome reduction that we dedicate our efforts.