

## Chronic Pain & Fibromyalgia Support – Client Testimonials

At some point in our life we meet people who touch our lives and are forever changed. Anastasia Bean is one such person in my life. I am so grateful for having met Anastasia and for the growth she has helped me to achieve. I was referred to Anastasia through a pain management doctor. I was in search for an answer of how to change my situation. I did not have the proper emotional tools, nor did I understand my patterns and process of how to make change in my life. I was in personal crisis and constant turmoil for years. With help from Anastasia, my life is immeasurably improved. Through one on one and support groups I have come to value and appreciate her expertise, insight, empathy and true dedication. Anastasia's support groups have become an integral part of my emotional wellness and maintaining my life balance.

*Dr. B*

Anastasia's gentle facilitation helped the group to open up about their fears and frustrations. I learned how to accept my chronic pain as a fact of life and to use the tools she taught to both minimize my pain and to slowly change my attitude toward my new reality. In other words, life doesn't end with chronic pain and there can be relief and even happiness by living life on life's terms.

*Randy*

I have suffered from chronic pain, associated with back problems and nerve damage to a leg for 5 years. During this time, I have tried everything conceivable to lessen the pain that I incur every day, all day. Along my journey I have learned that the most effectively pain management plan involves multiple modes of treatment, applied simultaneously. Depending on medicine alone, physical therapy alone, etc., never yielded the most effective management of my pain.

I discovered the Chronic Pain & Fibromyalgia Support Group, led by Anastasia Bean, MS, LAPC, NCC, several months ago – and only wish that I had found it sooner.

Participation in this group, coupled with utilization of the tools learned in this group, has been very beneficial. Through the exploration and integration of disciplines such as cognitive behavioral therapy, mindfulness, mediation and other techniques – my life has improved.

Chronic pain can be a very lonely disease of sorts. Loved ones and friends can't really grasp what a sufferer is going through. Because of that – their ability to help is limited. Finding similar people, within a group setting, gives you a measure of understanding that “you are not alone” in your suffering. There are others with similar stories – who can share successes, failures and hopes that might help you in some small way – or perhaps in a big way. This is not a group that sits in a circle, holding hands singing kumbaya – it's a group of chronic pain sufferers who genuinely want to improve their ability to manage their pain – and have a desire to return to some normalcy of life.

Anastasia Bean seems to carefully select the group members to include individuals who strive to attend regularly and who sincerely want to improve their lives. The meetings are a great balance of interpersonal sharing and pain management techniques. Within the group, you will learn and utilize techniques that can change how you “think about the pain” and how you might “reshape” your thoughts about pain. It has made a positive difference in my pain management and has a nice “by-product” of improving relationships that may have been impacted by your chronic pain.

Anyone who has suffered from chronic pain for a period of time realizes that you must have more than one mode of treatment to achieve some level of relief. A well run chronic pain support group should be considered as a part of your pain management. I certainly recommend the Chronic Pain & Fibromyalgia Support Group, led by Anastasia Bean, MS, LAPC, NCC.

*John*

“After fighting for years to hide my pain from family and co-workers trying not to be a burden & or be seen as a “sick person” that couldn't carry my own weight, I found myself feeling more and more alone and exhausted and unable to keep up my usual pace. Finding Anastasia and this group gave me a place to exhale, re-group and helped me to be able to return to my former positive self. It reminded me to see myself the way I want those around me to, as a normal person living with pain not defined by my pain. In short, I am trying live with this motto: “I can do most anything I used to, it just might have to be done in smaller bites or in a different way.” I'm also practicing saying no when I need to without explanation. This is still a work in progress but I am feeling more empowered to ask for what I need. This is not only a wonderful peer support group, but also received cutting edge information packed with tools we can use that really helps in coping with pain. I would strongly recommend this to anyone. I found many fellow professionals who, like me, were struggling just to get through everyday, some had to give up thriving careers due to chronic pain, while others have had to decrease hours, find new jobs etc. Come join one of Anastasia's groups, you will find, you are not alone, we don't fit a certain stereotype, and hope and encouragement are infectious.”

*Johnna*

“I have had chronic back/foot pain for 7 years, which had gradually intensified in recent years. My son encouraged me to talk to someone who specializes in chronic pain. The mental aspect of managing pain was one I had not given much thought too but I am glad I did. I was very fortunate to find Anastasia Bean who specializes in chronic pain management both one on one and in a chronic pain support groups. The expertise and tools she provides in a group environment proved to be very beneficial, we learned to “accept” our pain and to reframe our thoughts. Anastasia's low key coaching/guiding a group would be well worth one's time and effort! I walked away from our last session feeling that I had calmed my thoughts and felt more in control of my life.”

*Gene R.*

“The Chronic Pain Support Group has helped me in so many ways. It gives me an opportunity to be around others who understand exactly what it's like to live with chronic pain and how it affects every facet of your life. I have learned concrete tools that have helped me start to shift from the mindset of being a passive “chronic pain patient” towards adopting a more empowered role of a “well person who manages their chronic pain”. Going to group meetings also gives me a chance to get out of the house and not feel so isolated. Being a part of the Chronic Pain Support Group has given me hope, inspiration and an invaluable connection with others that I am immensely thankful for.”

*Cheryl M.*

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