

## About Peachtree Psychology LLC

Peachtree Psychology LLC provides individual, couples and group therapy for children, adolescents and adults.

Practitioners specialize in helping people struggling with abuse, trauma, LGBTQ concerns, grief and loss, substance abuse and chemical dependency, eating disorders, women's issues, self-harming behaviors, personality disorders, attachment disorders, PTSD, family-of-origin issues, life transitions, parenting, anxiety, depression and many other psychological concerns.

We also welcome opportunities to educate and collaborate through presentations, workshops and supervision.

## Testimonials

*"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."*

*"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."*

*"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."*

*"Anastasia 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."*

*"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."*

**Change your thoughts and you change your world.**

— Norman Vincent Peale

[www.peachtreepsychology.com](http://www.peachtreepsychology.com)

## About Anastasia

Ms. Anastasia Bean is a licensed professional counselor (LPC), a nationally board certified counselor (NCC), a Certified Complicated Pain Recovery™ Coach, and she holds a Masters in Clinical Mental Health Counseling from Georgia State University. She has developed an expertise in chronic pain through her collaborative work with pain management specialists. Inspired to better serve the chronic pain community she created a chronic pain and fibromyalgia support group where she incorporates evidence-based modalities for managing complex pain. She also utilizes a pain recovery language aimed at enhancing coping skills, increasing levels of functioning, with a focus on decreasing medication reliance.

Ms. Bean's therapeutic approach is strength based and integrative, utilizing solution-focused, experiential, and cognitive-behavioral therapy (CBT). She has intensely trained in emotionally focused (EFT) therapies and enjoys working with individuals, couples, and families. She believes the therapeutic relationship is vital and uses a humanistic approach based on trust, nonjudgmental, and a genuine unconditional positive regard. Ms. Bean seeks to help clients gain insight into the past and evaluate present living as they progress. Exploration of awareness, coping skills, and motivation of present living are examined to create new patterns of thought, new emotional responses, and behaviors to not only heal and reach life goals but to thrive and live fully.

Before seeking a career as a professional counselor, Ms. Bean worked in the Real Estate and Fashion Industries for 25 years. Her background includes 11 years of volunteer experience and the privilege of working with individuals and families affected by addiction. Ms. Bean became a professional counselor because she is passionate about helping others find new, more effective ways of coping and living life with serenity.



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# Complex Pain Recovery Support Groups

Courage doesn't always roar. Sometimes courage is a quiet voice at the end of the day saying, "I will try again tomorrow."  
— Mary Anne Radmacher-Hershey

  
Peachtree Psychology

## A Cognitive Treatment Program

Living with chronic pain can impact one's mental health, not only for the individual trying to manage the pain but for the whole family. These sessions are designed to help you reduce your pain, increase your activity level, and improve your overall quality of life.

You will gain a new perspective and create a new normal. We will address issues such as anxiety, stress, and depression which are typical and expected responses that arise when living with chronic pain. Mindfulness and relaxation techniques will be incorporated throughout sessions.

### Ten Sessions

Session 1 — Getting Started. Short assessments are used to gain a better understanding of how you perceive and experience your pain. Goals will be identified. A baseline will be explored to begin implementing pacing techniques.

Session 2 — Introduction to the Stress-Appraisal Connection. Living with chronic pain is a stressful reality. We all have biological, emotional, and cognitive responses to pain. Learning how you judge or appraise the pain experience is key to being able to restructure your thoughts, which will impact how you respond to everyday situations.

Session 3 — The Basics of Cognitive Therapy and Identifying Automatic Thoughts. Living with chronic pain can alter your thoughts over time to a negative thought pattern. Becoming aware and being able to recognize the cognitive distortions or negative thought patterns can change how you experience pain.

Session 4 — Evaluating and Rating Automatic Thoughts. Your new thoughts will be explored and a rmed based on facts and evidence.

Session 5 — Challenging the Automatic Thoughts. Creating more realistic alternative responses will promote a new perspective and create a positive impact on your thoughts, emotions, and behaviors.

Session 6 — Understanding Intermediate and Core Beliefs. Learn to identify your core beliefs or underlying belief systems. Understanding your core beliefs is essential in understanding generally held attitudes, assumptions, and rules about yourself, others, and the world.

Session 7 — Identifying and Challenging Pain-specific Intermediate and Core Beliefs. Identify how your self concept and core beliefs have changed since you began experiencing chronic pain, vindicating the fact that you are a person first who is living with chronic pain... in other words, moving from patient to person.

Session 8 — Construct and Use Coping Self Statements. These statements will function as cognitive cues or shortcuts and are broader than alternative responses and automatic thoughts.



Session 9 — Assertive Communication and Helping Our Loved Ones to Understand. Living with chronic pain increases your emotional needs. Learning to express your needs in an assertive and more effective manner will enable you to effectively manage situations and communicate with the people in your life to create a "new normal."

Session 10 — Wrap Up, Review, Plans for Maintenance. Re-assess where you started and develop a plan for continued success.

## What is Cognitive Behavior Therapy?

CBT is a type of psychotherapy that has been researched, and the evidence supports that CBT is an effective therapy for the management of chronic pain. The central idea of CBT is that unhelpful thoughts and behaviors can contribute to negative feelings... and negative feelings can increase sensitivity to pain.

CBT encourages you to retake control and to re-engage in activities. The traditional medical model of treatment is often not enough, and this program can:

- Teach you new skills that will compliment your pain management.
- Expand your understanding of the many modalities available to treat chronic pain.
- Increase your ability to cope.
- Improve your overall quality of life.

*Groups consist of 8 to 10 people, so space is limited. Call for a free consultation to see if this group is a good fit for you.*

