

PAUQUETTE NEWS

The Pauquette Center for Psychological Services Newsletter March 2017



Pauquette is pleased to announce our NEW Intensive Outpatient Program (IOP)

- ⇒ The IOP is a Day Treatment Program that provides *Intensive* alcohol and other drug addiction treatment.
- ⇒ Recommended for individuals whose AODA treatment needs are greater than what outpatient therapy can provide - yet fall short of needing residential or inpatient treatment.
- ⇒ Members attend the IOP every day, Monday through Friday, from 2:00 p.m. to 5:00 p.m. and participate in a minimum of 15 hours of group and individual therapy every week.
- ⇒ The duration of the program is individualized for each member and ranges from 4 to 16 weeks.

For more information call Sheila Starr our Addiction Program Coordinator @ (608) 742-5518.

 Hey! **WELCOME**
 We're **GLAD** you're here!

Eric Johnson MSW, LCSW
Reedsburg

Melissa Chesmore MSN, APNP
Baraboo, Pr. Du Sac, Rich. Center

Jodi Webb MSW, LCSW
Pr. Du Sac, Reedsburg

Katherine Gustafson MS, LPC-IT, SAC-IT
Portage

Pamela Polzer MS, LPC
Portage

Syndi Schnaare CMA
Portage

See a description of all our therapists & their locations @ www.Pauquette.com

Check out our Facebook Page for:

- ◆ *Tips and strategies on mental health, wellness, and parenting.*

Simply scan the QR code with your phone or go to www.pauquette.com



Turn over for an article on Coping with Chronic Pain and Severe Illness →

PAUQUETTE CENTER FOR PSYCHOLOGICAL SERVICES LOCATIONS

- 2901 Hunters Trail ● P.O Box 301, Portage, WI 53901 ● Phone 608-742-5518 ● Fax 608-742-4087
- 1339 Park Ave, Columbus WI 53925 ● Phone 920-623-5578 ● Fax 920-623-9830
- 23295 US Hwy, Richland Center WI 53581 ● Phone 608-647-4705 ● Fax 608-647-8979
- 1002 Lincoln Ave, Baraboo WI 53913 ● Phone 608-356-9055 ● Fax 608-356-5447
- 710 N Webb Ave, Reedsburg WI 53959 ● Phone 608-524-5151 ● Fax 608-524-5353
- 50 Prairie Ave, Prairie Du Sac WI 53578 ● Phone 608-643-3147 ● Fax 608-643-3178



Coping with Chronic Pain and Severe Illness: Strategies from Mind/Body Medicine

By Jocelyn Miller, Ph.D.

Approximately 30% of those who come to The Pauquette Center for services are struggling with a medical condition, one that either causes chronic pain, or that has changed their daily life and possibly their expected life span. Their doctors have asked them to engage in psychotherapy as part of their comprehensive treatment plan, but many question the value of just talking to someone about their physical struggles.

However, the connections between the mind and the body, and the influence that the mind has over the body's experience and expression of illness, have received increasing attention by the medical community over the past 25 years. Research has shown that psychotherapy can help you harness the power of your mind to improve your quality of life regardless of what type of illness or injury you are struggling with. By focusing on aspects of wellness that are highlighted by many different traditional cultures, such as one's mood or temperament, diet, thoughts, emotions, and exercise, you can have the best quality of life possible within your circumstances.

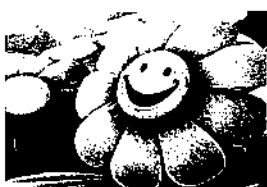
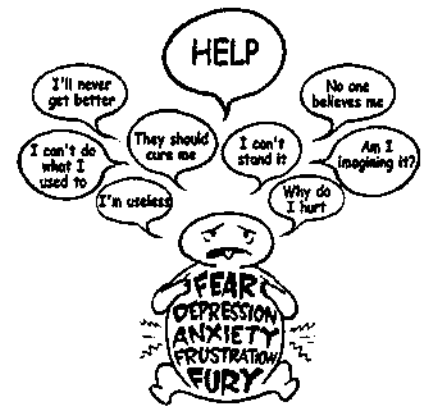
An important place to start in promoting as much wellness as possible regardless of your diagnosis is with your family and your social support system. Do the people you live with understand your condition? Do you interact with people every day who are compassionate and who support your efforts to manage your illness or injury as best you can? Sometimes family therapy is an important intervention for someone who is struggling with a medical condition. If you live alone, do you have people to talk to and spend time with regularly who care about you and are concerned for your welfare? Support groups for people with cancer have been found to play a significant role in response to treatment, quality of life, and life span. Working with a therapist individually can help you identify ways to build more social support into your life, regardless of whether you live with a family or alone.

A second important step to take is to deal with fear. Do you have all the information you need about your condition, so that you can make informed choices about the medical treatments that you seek? Those who do not understand their illness fully are often afraid of what the future holds, and that fear erodes their recovery. Do you spend a lot of time thinking about your pain and fearing when it will come and if it will get worse? Sometimes the fear of pain is worse than the pain itself – your therapist can teach you ways to reduce fear, and use mindfulness and relaxation exercises to cope with pain.

A third area that affects your quality of life is whether or not you feel shame about your condition. Many people blame themselves for getting sick in the first place, or feel that being sick or in pain means that they are somehow faulty and defective as human beings. Shame as a reaction to physical illness is often rooted in early life experiences, which can be brought to light and worked through as part of a psychotherapy treatment plan.

Are spirituality or religion important parts of your life? How has your faith been affected by your illness or injury? Many people get angry at God when their bodies are not doing well, and this anger undermines their ability to recover or to cope. Your therapist can work with you on these issues as well, and support you in finding the spiritual guidance and support that you need in order to live your best life now.

Finally, if your condition is terminal, your therapist may be one of the few people you can talk to about dying. Research has shown that it is important to “detoxify” dying, to address it head-on, and to prepare for it as best as one can. For example, one woman with an advanced stage of breast cancer chose to face the fact that she was unlikely to live until her 6-year-old son was an adult. She had no one to talk to about this in her family, as they were struggling with facing the likelihood of her death as well. In therapy, she was able to prepare for her son growing up without her. She got her will in order, made a plan for her son's guardianship after her death, and wrote birthday cards to him for each year of his life until he would be 18. These concrete steps helped her to feel a sense of closure, and she was able to enter hospice care when the time came with a true sense of peace.



If you or someone you love is struggling with chronic pain or severe illness, call Pauquette today. Give psychotherapy a try – attend at least 4 sessions before you make a decision as to whether to continue in therapy or not. You'll be taking an active step to take control of the things that you can, and you'll be glad you did .