

THE PSYCHOLOGY OF CHRONIC PAIN

**There may be psychological
consequences to chronic pain.**

- Your pain is real. If your doctor refers you to a counselor or psychologist, it is not because he/she does not believe your pain is real.
- Chronic pain is an unrelenting stressor. It steals your energy.
- Chronic pain may cause irritability, short-tempered reactions and moodiness. These may be signs of depression.
- Chronic pain is distracting. Your ability to concentrate and remember may suffer. You may be inefficient or unsafe at work.
- Chronic pain may interfere with interpersonal relationships. Your roles as parent or spouse may suffer.
- Psychological help may be appropriate.

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A psychological consultation for chronic pain may help.

- Understand your psychological reactions to chronic pain will help you cope.
- Family members, spouses or close friends may not understand what you are enduring. Consultations with significant others may change their understanding.
- Fear of pain leading to total avoidance of activities may make things worse. Behavior modification can help remove this fear and the tendency to avoid.
- Certain coping skills can reduce the side effects of chronic pain. Psychotherapy teaches these skills.

Please call for a consultation.

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