

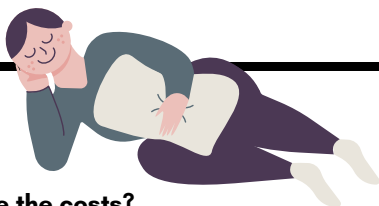
# Dialectical Pain Management

**Tuesdays**, starting 6/11/2024

6:00pm–7:30pm

**Zoom:** link shared via email after registering!

Pain is a MAJOR vulnerability factor. Learning how to fully accept your pain and also find ways to decrease symptoms and their effects is paramount. Learn how to do both in this 8 week course.



## **Who is it for?**

Anyone struggling with chronic pain/illness that wants to use skills to improve their quality of life. We will balance acceptance and change strategies, all with the aim of helping you cope with whatever you are living with.

## **Is there homework?**

Kind of. We strongly encourage skills practice between sessions. Effort you put into the course between meeting will enhance your outcomes.

## **Do I need anything?**

A private, quiet place; a comfortable place to sit; a good internet connection.

## **How do I sign up?**

Fill out the Google Form and we will reach out to get you set up!  
Also feel free to email [kkroeckebrightcollaborative.com](mailto:kkroeckebrightcollaborative.com) or call 302-803-6378

## **What are the costs?**

We currently are in-network with\* and can bill your insurance if you have:

- Highmark Blueshield of Delaware. (In general, this includes most Bluecross/Blueshield commercial plans.)
- Aetna commercial plans
- Amerihealth Caritas (a managed Medicaid plan in DE)\*\*
- Delaware First Health (a managed Medicaid plan in DE)\*\*
- \*\*Please note we do not accept "Highmark Health Options" at this time.

\*NOTE: We cannot guarantee coverage for services. Every plan is unique and it is important you call your insurance to verify your benefits for behavioral health coverage (this includes details like whether telehealth is covered or not as well!)

Out-of-pocket rates: \$400 (\$50 per session) due prior to starting. Resources will be provided if you miss any days.

Sign up using link or QR code:  
<https://forms.gle/7uxmeypXT3jCVZ2YA>

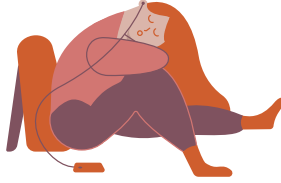


# What You'll Learn

**Dialectical  
Approach**



**Pain Gate**



**Mindfulness**

The "What" &  
"How"



**Radical  
Acceptance**



**Wave of Emotion**



**Values-based  
Choices**



**Changing Self-  
Talk**



**Self-compassion**



**Positive  
experiences**



**Identifying  
emotions**



**Taking care of basic  
needs**



**Motivation to do  
what helps**



**Getting needs met**

**Coping Ahead**

**Validation**