

What people in pain are saying about our programs....

"Thank you so very much for all you've done for me and our class. It was a wonderful experience that I would recommend to anyone struggling with chronic pain."

~ Bridget

"This class has been great for me. I've learned new ways to work with pain and it has helped me practice the new + old info in ways that have improved my daily life. The teacher was interesting, funny, compassionate, as well as kind. His non-judgemental attitude is great for this type of class."

~ John

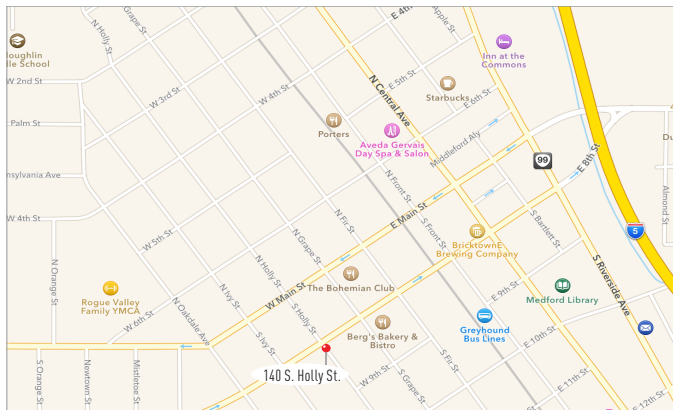
"I want to say that it has been a true blessing that I've been involved in this group. The things I have learned have truly helped in many areas. I feel the program could help whomever would take the next step and will be forever thankful I was offered the chance. Thank you so very much, I will take all I have learned and apply it daily... and it will be great!"

~ Brenda

"Your obvious care for us and joy in life was outstanding. This class was a great encouragement that is extremely helpful to hurting people. So many people look down on those in chronic pain... but you helped me and others become stronger, and more able and likely to stand up for ourselves. Many doctors have treated me like a filthy drug addict while I've been seeking help/relief from chronic pain. Your patient, kind personality helped US (all of us in the class) to become better equipped to defend and stand up for ourselves. Thank You!"

~ Steven

We accept Oregon Health Plan and are located in the new Jackson County Health & Human Services building in downtown Medford.



Pain Resiliency Program
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OREGON



PAIN ADVISORS

PAIN RESILIENCY PROGRAM



"Start over. Build a life based on what you want, and let the other chips fall where they may."

~ Passage from a writing exercise on pain by Joan

Are you in pain for most of the day?

Are the treatments you use now not working or as effective as you think they should be?

Do you miss out on activities because you're in pain much of the time?

You are not alone.

What We Do

Programs & Services

Oregon Pain Advisors provides a range of solutions for individuals and groups. Backed by research and practical application, our programs are focused on getting you started down the path to establishing a greater sense of control and regain your life.

Contact us directly to find out more about:

- Pain School
- Movement Therapy
- Peer to Peer Support

Assessment & Education

We provide individual and group based instruction and assessment for pain and pain related illness.

Mission

As pain professionals we see ourselves as partners -- an integral piece of the puzzle -- by focusing on ways people keep themselves healthy. We realize that the contribution the individual makes to managing or creating health can be as important as what the professional does.

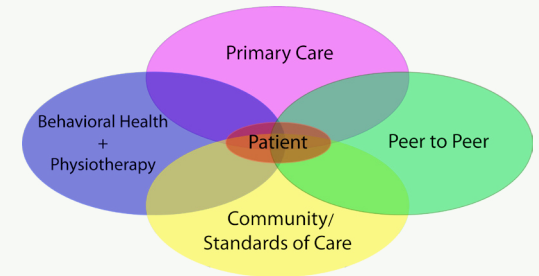
Pain Resiliency Program

Many of the difficulties individuals with persistent pain face are due to a lack of useful information, social support, feeling out of control, fear of movement, and other unhealthy learned behaviors.

The Pain Resiliency Program is founded on the BioPsychoSocial model of healthcare, which addresses the complex nature of pain.

Our group program is offered in a series of 8 weekly classes which last 3 hours per day, and occur one time per week. Class topics include pain school, movement therapy, relaxation training, mindfulness, and cognitive-behavioral education.

We do not prescribe medications.



Our Approach to Treatment

The team at Oregon Pain Advisors utilizes an interdisciplinary approach in everything we do. It is our goal to coordinate and collaborate with the individual, community and their providers to facilitate the best possible outcomes for healing and growth. Our approach to the treatment of pain starts from a perspective that is driven by the simple idea that individuals can take more responsibility for their physical, psychological, and spiritual wellbeing... and as health-care professionals, we are here to help them do it.

Contact us today to get started or ask your PCP for a Referral!

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