



## INTEGRATED SLEEP & WELLNESS

Ruth Gentry, Ph.D.

Tami Jeffcoat, Ph.D.

### Living Well with Chronic Pain

Cognitive-behavioral treatments teach people how to better cope with chronic pain and improve the quality of life. Several techniques and strategies have been shown to be effective, including:

- Mindfulness-based techniques for stress reduction and improving your experience of the present moment;
- Values clarification and meaning-making to help you engage in life domains that matter to you;
- Sleep evaluation and treatment to improve sleep quality and daytime functioning;
- Relaxation strategies to reduce muscle tension and pain;
- Education in mind-body interactions, including the impact of your mood upon your pain and day-to-day functioning;
- Emotional and behavioral coping strategies to help you reduce your reliance on pain medication, if desired;
- Coordination of care for improving your communication with your doctor and overall satisfaction.

**Providers:** Ruth Gentry, Ph.D., licensed clinical psychologist and Tami Jeffcoat, Ph.D., Postdoctoral Resident

**Location:** 10631 Professional Circle Suite A, Reno NV 89521

**Referral:** Please ask your physician for a referral Fax: 775-826-6271

**Payment:** Most insurances accepted including Medicaid (fee for service only)