



Dr. Mary Wells, Ph.D.



Pamela Cappetta, Ed.D

Farley Professional Lecture Series

Chronic Pain & Addiction:

Managing without Medication

Presenters: Mary Wells, Ph.D., Pamela Cappetta, Ed.D

3-CEU VADAP

Friday, August 26, 2011

9AM-12PM

Goals and Objectives:

Chronic pain is pain that persists longer than the temporal course of natural healing, associated with a particular type of injury or disease process. It is a complex disorder with biological, psychological and spiritual components. Individuals struggling with chronic pain often seek the help of pain-suppressing medications to assist in relief, experiencing a temporary reprieve from suffering but sometimes addiction may emerge when abuse of painkillers subtly trap patients in a hopeless cycle of pain and drug dependence. This workshop will help providers identify non-intoxicating methods to address chronic pain while assisting individuals with long term sobriety.

At the conclusion of this workshop participants will be able to:

- Increase knowledge of changing treatment philosophy for pain management as it applies to use of narcotic pain medications
- Develop basic understanding of role of psychological treatment for chronic pain patients
- Identify 2 non-medication treatment options for pain control in patients with chronic pain
- Understand the philosophy of Mindfulness and how it applies to pain management
- Demonstrate several experiential methods of Mindfulness
- Discuss how Mindfulness is applied at Williamsburg Place in working with addiction treatment
- Understand the benefits to the patients and practitioner in use of Mindfulness and Meditation in addressing chronic pain.

To Register Online: visit www.farleycenter.com

For Additional Information

Contact Kelly Thompson at 757-565-0106



Workshop will be held at:

The Discovery Center
5308 Discovery Park Blvd
Suite 102
Williamsburg, VA 23188

