

STRESS AND PAIN MANAGEMENT

TO YOUR HEALTH - PATIENT EDUCATION HANDOUT

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WHAT IS IT?

Services for persons having stress- related disorders or chronic pain are provided by advanced graduate students in Rehabilitation and related departments, under the supervision of Dr. Roger Poppen as part of their professional training. This is not a research program although opportunities to participate in special research projects may sometimes be available.

WHAT SERVICES ARE PROVIDED?

A self-management model is employed, in which clients learn skills to alleviate distress and enhance daily living. The program does not provide "treatment in the sense of doing some thing to the client, as in physical therapy. Rather, the program provides education and training which clients can use in their daily lives. The program is tailored to the needs of the individual, but typically is conducted in four stages: assessment, relaxation, biofeedback, and coping skill training. Assessment may include an intake interview and psychological testing by Clinical Center staff, and a symptom-questionnaire and physiologic testing by program staff. Relevant medical histories also are usually requested. Assessment continues throughout the program so that progress can be determined and changes made as needed. Relaxation is usually the first skill that is taught. It is useful in many activities of daily living and serves as the foundation for other skills.

Biofeedback is a procedure which employs electronic equipment to help clients learn control over physiologic activity related to their problem. For example, clients with migraine headaches may be taught to control vascular activity. Coping skill training involves learning to change events which may cause stress or pain. This could include changes in diet and exercise, interacting with others more effectively, or scheduling tasks and time more efficiently.

HOW LONG DOES IT TAKE?

The amount of training depends on the individual and the nature the problem. In some cases, positive results are seen in as few as six sessions, but most require considerably more effort. Sessions usually are conducted once a week, for about an hour.

HOW MUCH DOES IT COST?

Services are provided free of charge to SIUC students, staff, and members of their families. Others are charged on a sliding scale fee schedule, related to income, set by the Clinical Center, with a maximum charge of thirty dollars per session. All questions about fees should be directed to the Clinical Center.

WHO MAY PARTICIPATE?

Most clients are referred by health professionals. It is essential that clients have a recent medical evaluation of their condition. In some cases, the program is an adjunct to other medical or psychological services and close consultation with the referring professional is necessary. There may be a waiting list but every effort is made to see people quickly or refer them to other service providers. If you have further questions about this program, please contact Dr. Poppen (536-7704), or if you would like to schedule an Intake interview, please contact the Clinical Center at (453-2361).

Student Health Center's Wellness Center also receives referrals for biofeedback at 536-4441.

Student Health Center

www.shc.siuc.edu



618-536-2421