

The Mind-Body Connection: Coping & Living with Physical Symptoms



The Mind-Body Connection: Coping and Living with Physical (and/or somatic and/or medically unexplained) symptoms (e.g., chronic pain, headaches, fatigue) is a comprehensive evidence-based treatment that teaches individuals new skills to better manage physical symptoms and reduce the impact of physical symptoms on school/work, relationships, sleep, activities, and/or emotional well-being

Structure

- On average: 8-12 weekly sessions
- 2-3 booster/follow-up sessions

Approach

- Compassionate and empowering manualized treatment grounded in Cognitive-behavioural therapy and Acceptance and Commitment approaches
- Easy-to-use handouts, worksheets, and strategy lists provided weekly

Topics Covered

- Education about mind-body connection
- Sleep hygiene and physical activity (e.g., pacing) education
- Overview of stress and coping with stress techniques
- Discussion of connection among thoughts, feelings, and behaviours
- Cognitive/thinking strategies
- Relaxation and mindfulness strategies
- Assertive communication and problem solving techniques
- Discussion of values
- Creation of personalized coping plan

*Please note that in order to participate in this treatment, clients must have previously received a full medical work-up for their physical symptoms and must not be awaiting any outstanding medical investigations or procedures.