



WORKSHOP



COGNITIVE BEHAVIORAL THERAPY & MINDFULNESS FOR CHRONIC PAIN

KEY POINTS

Understand CBT & treatment goals

Comorbidity of mental health
conditions & pain

Psychosocial model & pain

Understanding the pain cycle

Mindfulness practices & guided imagery

PRESENTED BY

Cara Maksimow, LCSW is a NJ Licensed Clinical Social Worker, Coach, Speaker and Author. She is dedicated to helping others successfully navigate through life's challenges using a collaborative, supportive and strengths based approach to therapy, using an eclectic mix of positive psychology, mindfulness & CBT. She specializes in working with people with life transitions such as medical challenges who are in need of emotional support and learning more adaptive coping strategies.

**WED
JAN 9
7 PM**

**JAG-ONE
PHYSICAL
THERAPY**

**461 MAIN ST
CHATHAM, NJ**

**REGISTER AT
INFO@JAGONEPT.COM**

**JAGONEPT.COM
MAXIMIZE-WELLNESS.COM**