



**Volunteers needed for a
Research Study on the benefits of a
mind-body treatment on
fibromyalgia pain.**

Research Study: The Effects of Visualization, Mindful Attention, and Stimulation (VMAS) as a Mind-Body Treatment on Fibromyalgia

Would the study be a good fit for me?

This study might be a good fit for you if:

- You have fibromyalgia.
- You have pain.
- You are over 18 years of age.

What would happen if I took part in the study?

If you decide to take part in the research study, you would:

- Go to a one-hour session at an office in Raytown, MO.
- Imagine how your pain looks and focus on that picture while being guided in the treatment.
- Participants should continue, and not leave or stop, their existing treatments or medications.

*There is no money offered for taking part in this research study.
Participation is voluntary.*

There may be possible benefits if you take part in the study.

- Find instant relief from physical pain.
- Learn a skill to control your pain that you can use.

**To take part in this research study or for more information,
please contact Kathryn Brewer at 816-407-1887 or
kbrewer.lpc@gmail.com.**

The principal researcher for this study is Kathryn Brewer. The study is being carried out for dissertation research under the direction of Dr. Helen Zaikina-Montgomery, Psychology Department at Northcentral University, and has been approved by the NCU Institutional Review Board.