



**NeuroBehavioral**  
Programs

## **Pain Management Program**

changing the bodymind through  
behavioral medicine

Developed by John E. Leonard, Ph.D.

# Training the Mind to Control the Body...

**The NeuroBehavioral Pain Management Program** is a holistic mind-body treatment program that offers new hope to those suffering from chronic pain. This program has proven to effectively reduce pain in more than 90% of chronic pain cases. The treatment has also been found to be effective in reducing the depression that frequently goes along with chronic illness and physical disability. Many clients report greatly improved sleep patterns, and under medical supervision have reduced and even eliminated the use of pain medications. Returning you to a healthy, pain-free lifestyle is the program's goal.

*"This process is a very powerful tool and should be shared with everyone who wants to take control of their own wellness."*

— Susan Rupe, Vacaville, CA

## NeuroBehavioral Medicine

The NeuroBehavioral Pain Management Program is based on the latest theories in mind-body medicine. These theories view the brain, mind, and behavior as networked information-sharing systems. They describe how words or images in the mind can be converted into physical changes in the body in a process called information transduction.

Relying on this process, the NeuroBehavioral Pain Management Program uses verbal commands to direct the body to control physical symptoms previously thought to be outside of conscious control. The self-administered treatment procedures are easy and automatic.

*"What if your inner self, your mind and body, had this ability all along, this potential to decrease pain, and you just needed to know how to ask? The NeuroBehavioral Pain Management Program has taught me to use language to shut down pain in a way that works."*

— Carol Stedronsky, Davis, CA



## How the Program Works

In just three individual sessions with a certified NeuroBehavioral Programs practitioner, you learn to turn off pain using a simple command. You also learn to manage stress, anger, sadness, and worry. Practicing your new skills between sessions builds the neuronal networks that will eventually bring you nearly automatic relief in the final stage of the program.

In the initial treatment session, you learn how the mind and body can work together in reducing pain, stress, and negative emotions. Using a 0-to-10 scale to rate symptoms, the practitioner shows you, step-by-step, how to turn down the experience of these symptoms to a 0 level. The process is completely automatic and requires no conscious effort.

In the second session, you learn to give direct commands to the body with an easily memorized procedure, bypassing the steps you've previously mastered. This procedure aims at rapid relief and can be done in busy or distracting environments.

In the final session, you learn to directly intend symptom relief using a simple verbal command. Symptom

relief can then last for hours, and frequently days, before you need to repeat the simple command.

To help you practice your new skills and experience relief between treatment sessions, you're given a Companion Manual that includes an audio CD. If your results vary at all, you can call your practitioner and receive assistance over the telephone.

This very structured process, consisting of treatment sessions, home instruction, and telephone consultation, is designed to build on your success at each step, creating confidence and enthusiasm.

## The Telephone Program

If you don't want to travel to an appointment for any reason, you also have the option of participating in the treatment program over the telephone. Learning the procedures in this way has been shown to have the same high rate of effectiveness as receiving the treatment in person.

To sign up, visit our web site or call this toll-free number: 888/688-8956.

## Rediscover Life Without Pain

The NeuroBehavioral Pain Management Program is offered in medical treatment settings in Northern California and beyond, and over the telephone. Because pain may be related to a disease process requiring medical supervision, we ask you to be screened by your physician before participating.



To learn more about NeuroBehavioral Programs, visit our web site at [www.bepainfree.net](http://www.bepainfree.net).

To speak with a program representative or graduates of the program, e-mail us at [info@neurobehavioralprograms.com](mailto:info@neurobehavioralprograms.com) or call toll free 888/688-8956.

## What NeuroBehavioral Programs clients say about their results:

*"I can't count the number of sick days I took from school and work before being introduced to the NeuroBehavioral Pain Management Program. It's been almost a year now since I suffered from a migraine. I'm so thankful for my 'new life,' and I encourage anyone who experiences pain, in any form, to call NeuroBehavioral Programs. You have nothing to lose but the pain."*

— Laurie L. Reef, Fairfield, CA

*"I began this therapy as a last resort after suffering from chronic pain for over a year. After one week I was free of pain and was getting my life back. Now I'm still pain free, medication free, and can manage my stress with the same skills."*

— Carrie Bloom, Dixon, CA

*"I had pain for many years, beginning with daily migraines and ending up after several strokes with pain throughout my body. I tried everything for pain relief, including substantial medication. The first time I used the NeuroBehavioral Pain Management Program, I felt my pain go from 10 to 0. The pain relief lasted seven hours!"*

— Sharon Shere, Danville, CA