

**Richard A Oddy MD, MA
DABPN, DASAM**

Dr. Oddy is a triple-board-certified psychiatrist (psychiatry, psychosomatic medicine, addiction medicine), with special expertise and interest in psychological aspects of chronic medical conditions, especially chronic pain.

Dr. Oddy is able to bring the scientific background of a degree in neuropharmacology from the University of Cambridge, England, and medical degree from University of Cambridge, England, psychotherapy training from New York, psychiatry training, and psychosomatic training, and group CBT experience into a special expertise that combines to a unique ability to synthesize mind-body for the benefit of an effective group process.



**Richard Oddy MD
Psychiatry, Addiction Medicine,
Psychosomatic Medicine
Psychiatric Consultation
Psychopharmacology
Psychosomatic Medicine
Psychotherapy
Addiction Medicine
Youth Psychiatric Treatment
Chronic Pain Group**

MORE INFORMATION ON WEBSITE



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CBT

**Cognitive Behavior
Therapy Group
Treatment for
Chronic Pain and
Fibromyalgia**

www.richardoddymd.com



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Cognitive Behavioral Treatment for Chronic Pain and Fibromyalgia



This is a course of 10 weeks of 75 minute sessions.

It is a clinically proven treatment, that is effective alongside your medical or surgical treatments.

The physical pain you experience is

real, and this real pain produces a stress reaction. Stress reactions make pain worse.

Stress sets off mental reactions or “cognitions”, thoughts, images and beliefs. These tell us about whether or not we can cope with pain and they can be negative and frightening, increasing the stress and anxiety, biologically making pain and the suffering worse.

Cognitive Behavior Therapy (CBT) can prevent this vicious cycle and has been proven to reduce suffering and improve functioning in patients with chronic pain.

What Does CBT Involve?

Meetings will begin by helping you identify negative thoughts about pain and stress. **Pain and stress will have become linked together, involved in a vicious cycle, now proven biologically to be making each other worse.**

Next you will begin to **divide stress into manageable pieces**. You'll begin to practice ways to deal with stress using a diary, improving your awareness of specific thoughts. If you have struggled with chronic pain and/or fibromyalgia you may have developed negative fixed beliefs about yourself as a “chronic pain patient” or “disabled person”, and you will start to build a **new core belief system about yourself as a “well person with pain”**.

Sessions focus on **assertive communication** as this can become lost in patients guilty about asking for more help when they have a chronic illness. Other sessions focus



on **coping self statements** and **expressive writing** to improve the repertoire to manage “frequent flyer” negative thoughts and pain-related stress.

One session also

combines education about the **relationship between nutrition and brain neurotransmitters important in pain**, and educates about possible **behavioral changes related to nutrition** and also drug treatment.

The groups take place mid-week between 5 and 6.30pm and can be scheduled by arrangement.



What are the benefits of participating in a group?

You learn that you are not alone with a chronic illness, particularly chronic pain, you build on each others attempts to challenge the ways the illness has changed life so that the benefits can be greater than individual activity. Group work is fun.

Brain-healthy refreshments and tea/drinks are served during groups.