



## MODALITIES

Treatment reduces and potentially eliminates pain and suffering through a short term paced and sequenced program that includes:

- Cognitive Behavioral Treatments to address how patients think, feel and act about pain
- Stress Management, Pacing & Movement to overcome exhaustion and depression
- Targeted Relaxation Response to interrupt and redirect sensations
- Sleep Education & Support
- Attention Training & Meditation to direct the entire process
- Medical Communication & Coordination to keep patients medically safe
- Lifestyle Analysis & Specific Referrals to catalyze patient journey for movement, nutrition, joy and life purpose
- Compassionate Listening & Empathy (Mary lives well with chronic disease herself.)

WPC PROVIDES INDIVIDUAL AND GROUP TREATMENT FOR PEOPLE

- INDIVIDUAL FULL HOUR SESSIONS  
Sliding Scale: \$80 - \$120 per session
  - 8 WEEK GROUPS FORMING NOW  
(maximum 8 participants)
    - September - October
    - January - February
    - April - May
    - June- July
- \$500 per person,  
includes initial assessment and materials

SEE WEBSITE:

[www.WellnessPainCare.com](http://www.WellnessPainCare.com)

INSURANCE BILLING DETAILS  
ON WEBSITE

WPC is located in Suite 235 of the  
"Lotus Building," on the NE corner of Reed  
Market and 3rd Streets, behind Patio World.



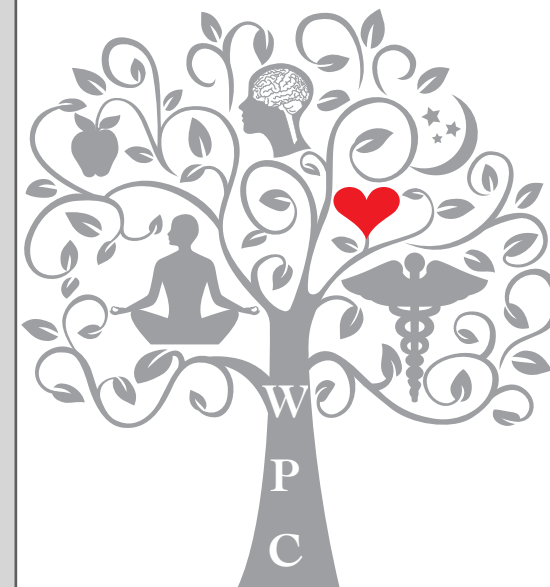
300 SE REED MARKET ROAD,  
SUITE 235

BEND, OREGON 97702

P: 541-213-9833 FAX: 866-284-8488

# TO REFER

## A PATIENT IN PAIN



❧ WELLNESS PAIN CARE ❧  
Mary Wells, LCSW

**CAN HELP**

541-213-9833

**Secure Email:**

[mwells@WellnessPainCare.com](mailto:mwells@WellnessPainCare.com)

**Security Enhanced Fax:**

866-284-8488



**MARY WELLS, LCSW**

Mary has been pioneering brain body treatments in professional settings for over 20 years, and successfully helping patients to transform their lives from pain to wellness since 2011.

Mary is trained by Howard Schubiner, MD and is authorized to deliver his "Unlearn Your Pain" protocol.

*"Caring, loving, peaceful and happy is what Mary is, and will help you become.*

*My pain is diminished  
and no longer runs my life.  
My whole family is happier."*

- Previous Patient

# Wellness Pain Care

## A NEURO-PLASTIC APPROACH

Wellness Pain Care is a new concept in the coordinated medical treatment of persistent pain, developed locally by Mary Wells, LCSW.

This approach will enable your patient or client to understand the neurological processes that create and maintain pain and how to interrupt, diminish and potentially eliminate pain.

Individuals will be guided through the process and given multiple tools to achieve wellness.

Expected treatment duration is 8 - 26 weeks.

Wellness is possible. Mary will show patients how they can transform their lives.

*"I respect Mary's work and refer to her for the cognitive aspects of my patients' care."*

- James Nelson, MD, Psychiatrist  
The Center, Bend, Oregon

*"Mary is a compassionate and effective provider who has personal experience successfully treating her own chronic pain."*

- Cathy Rojo, PA-C  
The Center, Bend, Oregon

## APPROPRIATE REFERRALS

FIBROMYALGIA

LOW BACK PAIN

MEDICATION OVERUSE OR MISUSE

CHRONIC PAIN SYNDROME

DIFFICULT TO MANAGE PAIN ISSUES AND SITUATIONS

**YOUR PATIENT IS MEDICALLY STABLE AND WILLING TO MAKE CHANGES**

Mary is happy to talk with you or your patient to provide information and determine suitability.

Your genuine support of this approach is critical to patient outcome.

Mary values collaboration and would like to know specific outcomes you hope for as a result of the referral.

**FAX REFERRAL TO :**

**866-284-8488**