

## Alternative Resources for Chronic Pain Patients: Barre Family Health Center

### Acupuncture

- Listening, The Barre Integrated Health Center  
35 South Street, Barre, Massachusetts 01005  
978-355-3501; [www.listeningbihc.org](http://www.listeningbihc.org)  
Also offer Wellness, Goal-setting, Biggest Loser classes and more

### Chiropractic

- Wickaboag Family Chiropractic  
Linda Schaetzke, DC  
143 W Main St, West Brookfield, MA 01585  
(508) 867-6161

### Homeopathy

- Sari Schaffer, L.C.H., R.N., B.S.N. Homeopathic Consultant  
90 Willis Road, Phillipston, MA 01331  
(978) 249-2557, email: [sarischaffer@comcast.net](mailto:sarischaffer@comcast.net)

### Massage

- Barre Therapeutic Massage  
3 Worcester Rd, Barre, MA 01005  
(978) 355-4066
- Focus On Wellness Massage  
6 N Main St, Petersham, MA 01366-9500  
(978) 724-0074
- Affordable Therapeutic Massage  
1147 Turkey St, Ware, MA 01082-9032  
(413) 477-6200
- Listening, The Barre Integrated Health Center  
35 South Street, Barre, Massachusetts 01005  
978-355-3501; [www.listeningbihc.org](http://www.listeningbihc.org)
- Éowyn Ahlstrom, LMT, RYT, BA, Yoga, Massage Therapist  
300 Walnut Hill Road, Orange, MA 01364  
978-895-3604, Email: [eowyn.ahlstrom@gmail.com](mailto:eowyn.ahlstrom@gmail.com)
- Emily Osgood, Massage Therapist, Homebirth Midwife  
Petersham, MA  
Phone: 978-724-3531

### Massage/ Reiki/ Meditation

- The Holistic Center, 53 East Main Street ~ Route 9  
West Brookfield, MA. 01585, (508) 867-3409
- Insight Meditation Society, Barre Centre for Buddhist Studies  
149 Lockwood Rd, Barre 01005  
978-355-2347, <http://www.dharma.org/bcbs/index.html>

### Yoga

- Listening, The Barre Integrated Health Center  
35 South Street, Barre, Massachusetts 01005  
978-355-3501; [www.listeningbihc.org](http://www.listeningbihc.org)
- Éowyn Ahlstrom, LMT, RYT, BA, Yoga, Massage Therapist  
300 Walnut Hill Road, Orange, MA 01364  
978-895-3604, Email: [eowyn.ahlstrom@gmail.com](mailto:eowyn.ahlstrom@gmail.com)

### Cognitive Behavioral Therapy

UMass Memorial Health Care Dept of Psychiatry - Managing Chronic Pain

**Referrals may be sent by phone or email to:** Elizabeth Austin, PsyD  
Health Psychologist, Dept. of Psychiatry, [austine@umhc.org](mailto:austine@umhc.org), 508-856-2409

This psycho-educational, CBT-oriented group is appropriate for patients with chronic pain conditions that are stable, and where pain represents a significant problem for the patient in terms of adaptive functioning in physical, occupational or relational domains.

*In this program, patients will learn to:*

- Understand the difference between medical treatment and self-management in chronic pain
  - Identify triggers for pain exacerbation
  - Identify conditions associated with pain reduction
  - Learn non-pharmacological strategies to lessen the intensity of pain perception such as:
    - Activity pacing , Relaxation strategies (to include guided imagery)
    - Self-hypnosis (when appropriate), Cognitive restructuring
  - Understand the role and function of pain medication
  - Develop a plan to address pain exacerbation
  - Develop a personal “wellness plan” to enhance adaptive functioning
- Meetings will be held on Thursday mornings, from 10-11:30, for six weeks. Patients will be scheduled for a brief meeting with Dr. Austin prior to beginning. *Patients must be:*
- Psychiatrically stable, able to tolerate and function appropriately in a group setting
  - Able to participate in imagery or hypnosis (this may r/o severe PTSD/trauma, active psychosis – case will be reviewed on an individual basis)
  - Receptive to non-medical, non-pharmacological pain intervention

