

## Our Providers

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### **Lois M. Hansen, M.A., L.P.C.-S**

Clinical Director

Licensed Professional Counselor

Has been a resident of the Bryan/College Station area for over 20 years and has been practicing professionally for over 10 years and is certified as a Counselor Supervisor. She is a member of the Brazos Valley Physicians Organization, the St. Joseph's Physician Network, Alliance Health Providers of the Brazos Valley, American Academy of Pain Management, Texas Counseling Association, American Counseling Association, and Association for Applied Psychophysiology and Biofeedback.

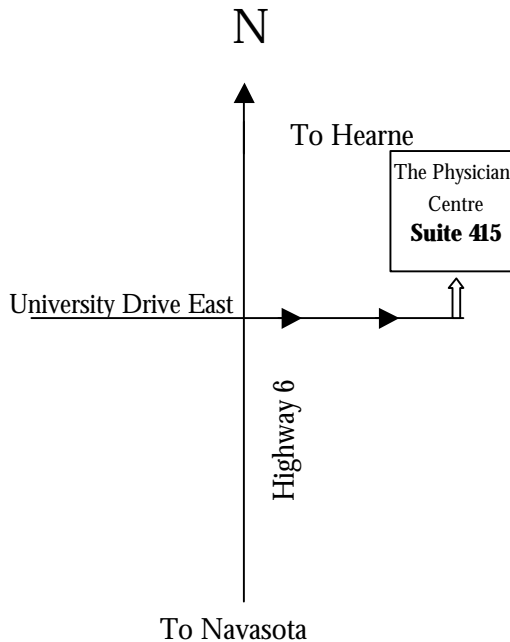
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### **Barbara J. Bryant, M.A., L.P.C.-S**

Licensed Professional Counselor

Counselor Educator

Has lived in Bryan/College Station for over 30 years, and has been practicing professionally for over 10 years providing counseling services to children, adolescents, adults suffering from behavior problems, developmental concerns, life change issues, relationship problems, and parenting concerns, and is certified as a Counselor Supervisor. She is an Adjunct Faculty Member at Sam Houston State University in counselor education. She is trained in individual and group psychotherapy, psychological testing, and biofeedback in the treatment of pain disorders, anxiety and mood disorders.



Ask your doctor  
if you would  
benefit from an  
Interdisciplinary  
Pain  
Management  
Program



Comprehensive HealthCare Associates

The Physicians Centre  
3201 University Drive East  
Suite 415  
Bryan, Texas 77802

Phone: 979-776-0289



# Comprehensive HealthCare Associates

Congress has declared this decade “The Decade of Pain Control and Research.” Pain is the #1 reason for medical office visits in America. The estimated annual cost, including treatment and lost workdays due to pain, is approximately \$100 billion in the U.S. alone.



A growing body of research is showing that pain is being under treated and that healthcare providers must now look at the mind-body connection when treating pain. An interdisciplinary approach is proving to be the most effective treatment for acute and chronic pain.

An interdisciplinary pain program is designed for patients who have tried other forms of pain treatment but continue to have pain that is a barrier to functioning as well as they would like.

Treatments incorporated in the pain management program include:

- Medical management by the team Medical Director.
- Physical Conditioning including massage therapy
- Pain education
- Biofeedback
- Relaxation training
- Behavior modification
- Individual therapy
- Group therapy
- Coping skills training

Based on recommendations from the treatment team, a program can be modified to meet the needs of each patient who participates.

A pain management program is not a “quick fix.” A successful outcome requires diligence, hard work, trust, and a willingness to change current behaviors. The program is a process, not an event.



Ask your doctor if you could benefit from a pain management program.

If you or anyone else you know would like more information about the many other services offered by Comprehensive HealthCare Associates please call:

**979-776-0289**