

Pain Psychology Program Providers



Benjamin A. Tallman, PhD

Health Psychologist

Specialties: Rehabilitation Psychology, Health Psychology, Pain Psychology

Education: University of Iowa, Counseling Psychology Program



Karen A. Nelson, PhD

Clinical Psychologist

Specialties: Group Psychotherapy, Dialectical Behavior Therapy

Education: Northwestern University, Counseling Psychology Program

We look forward to the opportunity to help you manage your pain and get your life back on track. - Dr. Tallman & Dr. Nelson

For more information: Talk to your provider about the Pain Psychology Program and request a referral on your behalf or call (319) 369-7331



UnityPoint Health
St. Luke's Hospital

Physical Medicine and Rehabilitation

Pain Psychology Program

“Take Control of your Pain”



UnityPoint Health
St. Luke's Hospital



The following questions involve topics addressed in the Pain Psychology Program. Please take some time to consider how you might answer each one.

How has your life been impacted by pain?

If your pain was managed better how would your life be different?

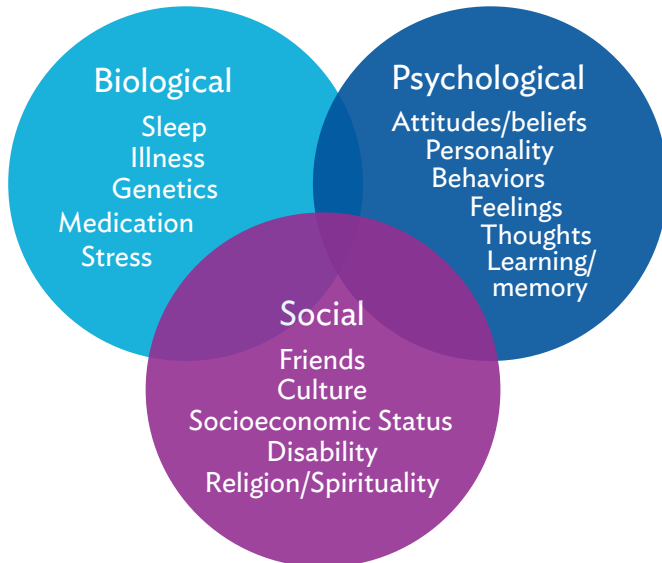
Is it time for you to make a change?



What does psychology have to do with my pain?

- Pain and stress go hand in hand
- Pain is impacted by your feelings, thoughts, and actions
- Overwhelming thoughts and feelings can have a negative effect on your ability to cope with pain
- Pain psychology empowers you to take control of your pain

Biopsychosocial Model of Pain



Pain Psychology Treatments

All patients referred to the Pain Psychology Program attend the “Pain Empowerment and Education Group.” During this 2-hour group, participants will:

- Complete self-assessments to better understand how pain impacts physical and psychological well-being
- Develop a more holistic understanding of factors that influence the perception of pain
- Begin to develop new ways of thinking about and responding to pain
- Learn to use self-regulation techniques to better manage pain

Upon completion of the group, patients will 1) be eligible to enroll in the Pain Psychology Program and/or 2) be referred to other healthcare providers (e.g., physical therapy, registered dietitian, or other services).

Treatment approaches in the Pain Psychology Program include:

- Cognitive-Behavioral Group Therapy (CBT) for Pain
- Acceptance and Commitment Group Therapy (ACT) for pain
- Monthly Pain Psychology Support Group
- Individual Pain Psychotherapy

Why is it for me?

The Pain Psychology Program may be a good fit if:

- You are tired of suffering, and you are ready to take back control of your pain
- You have been diagnosed with chronic pain or another pain condition (e.g., fibromyalgia, complex regional pain syndrome, musculoskeletal pain, neuropathic pain, etc.)
- You are interested in learning to use non-medication approaches to manage pain in support to your current treatment plan
- You see the importance of managing your pain, and you are motivated to try something new
- You want to increase activity level and improve your quality of life

