**U.S. Pain Foundation**

**Training for Chronic Pain Support Group Leaders**

September 21 - 22, 2019

Newark, New Jersey

Thank you for your interest in becoming a volunteer Chronic Pain Support Group Leader. Pain Connection, a program of the U.S. Pain Foundation, is dedicated to helping people who live with chronic pain and their families. Thistwo-day training program is designed to train professionals/peer leaders to work with people with chronic pain and their families in a group setting.

* Learn about the logistics of running a successful group
* Empower your group members to utilize their own internal healing abilities
* Understand the psychosocial stages of pain and grief
* Learn the Pain Connection group model
* Incorporate complementary health approaches
* Develop Treatment Tree Plan and Relapse Prevention Plan

Additional tools and skills that participants will take away:

* Cognitive Reframing
* Acupressure
* Self-massage
* Breathing Techniques
* Guided Imagery

**Date:** **Saturday,** September 21st **9:30 am – 5 pm Sunday,** September 22nd **9:00 am – 3 pm**

**Location: Doubletree by Hilton Hotel Newark Airport**

**128 Frontage Rd Newark, NJ 07114**

**To apply:** Please fill out the Support Group Leader Application and send the completed form along with resume, copy of licensure and malpractice insurance (if applicable) via the information below by July 31st. Applications will be reviewed, a phone interview will be arranged and limited space is available for scholarships. If you are selected, you will be contacted via email to confirm your attendance. If you do not receive a scholarship, the fee to attend is $375 and you are responsible for your hotel and travel costs.

**Scholarships available:** If you have been a U.S. Pain volunteer for at least three months, you are eligible to receive a scholarship to attend the training. Please fill out the Support Group Leader Application as well as the Scholarship Application. The scholarship includes your hotel stay, Saturday and Sunday breakfast and lunch, and $400 towards travel. Any additional costs will be your responsibility. To confirm your attendance and ensure your commitment, you must submit a non-refundable $50 deposit by August 30th.

**How to submit:** Send your application for the training and scholarship (if applicable) to [gwenn@uspainfoundation.org](mailto:gwenn@uspainfoundation.org) or by fax to (800) 910-6951. For questions, call 800-910-0664 or email [gwenn@uspainfoundation.org](mailto:gwenn@uspainfoundation.org)**.**

**Support Group Leader Application**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Application: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please circle if you are applying as a: mental health professional/peer-peer leader/other\_\_\_\_\_\_\_

Professional Licensure (please circle): LCSW/PhD/LCPC/Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Years of experience as a licensed mental health professional: \_\_\_\_\_\_\_\_other type of helping profession\_\_\_\_\_ peer-peer leader\_\_\_\_\_\_\_\_

Areas of special interest: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reason for wanting to become a group leader: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please list any experience working with people in chronic pain and/or their families:

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Please list any group experience:

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Please provide 3 references (at least two should be professional references if applicable) that we may contact:

1. Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\*\*Submit your application to [gwenn@uspainfoundation.org](mailto:gwenn@uspainfoundation.org) or by fax to (800) 910-6951. Please also submit your resume; a copy of your current license (if applicable); & proof of malpractice insurance (if applicable).

**U.S. Pain Volunteer Scholarship Application**

*(to be filled out in addition to Support Group Leader Application)*

Scholarships are available to U.S. Pain volunteers who have been signed up for three months or longer. The scholarship includes your hotel stay, breakfast, lunch, and $400 towards travel. Any additional costs will be your responsibility. If you are chosen to receive a scholarship from U.S. Pain Foundation, we require a signed commitment form that you will develop and lead a U.S. Pain Foundation support group on a monthly regular basis in your hometown, and participate in the monthly chronic pain support group leader conference calls with Gwenn Herman.

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
  
**How long have you been a U.S. Pain volunteer?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
**What types of activities have you done as a U.S. Pain volunteer so far?**   
  
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**Commitment**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (*name*) confirm that if I am chosen for the scholarship, I will commit myself to starting a monthly chronic pain support group in my area. I will communicate with Gwenn about my progress in starting up the group, and I will participate in a monthly conference call led by Gwenn with other chronic pain support group leaders. I understand that I will receive guidance and support from Pain Connection, but that the logistics of running the group are my responsibility.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (*signature*)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (*date*)

If you are selected for the scholarship, you will be contacted by email. To secure your place, a $50 non-refundable deposit will be needed. This can be by check or you can pay online at www.uspainfoundation.org/donate. If you pay by check, please send it to U.S. Pain Foundation, 670 Newfield Street, Suite B, Middletown, CT 06457

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**Chronic Pain Support Group Leader Information and Tips**

Thank you for your interest in becoming a **Volunteer Chronic Pain Support Group Leader**. Pain Connection has been serving the pain community since 1999. In May 2016 Pain Connection joined the U.S. Pain Foundation and serves as their direct services component. Becoming a support group leader is a unique opportunity for dedicated individuals interested in making a difference helping the 50 million Americans who live with chronic pain. This is a wonderful opportunity to gain experience in leadership, group work, program development, and training.

Pain Connection’s mission is to empower people with chronic pain to improve their quality of life, decrease their sense of isolation and take a more active role in their treatment. Pain Connection does this by providing information, psychosocial support, coping skills and training to people with chronic pain, their families and health care providers.

There are many barriers to treatment including lack of effective interventions, untrained health care providers, financial limitations, and stigma. People with pain fall between the cracks of our flawed health care system. Even those lucky enough to have insurance find needed services are not covered under private health insurance, workers’ compensation, or disability insurance. Pain Connection has been ‘Filling the Gaps in Pain Care’ to people with chronic pain for over 17 years.

The beginning of Pain Connection dates back to April 1999 with the start of a single chronic pain support group. This group, started by Gwenn Herman, was due to her being in a motor vehicle accident in 1995 that resulted in chronic pain. Ms. Herman felt compelled to reach out to others to provide support and treatment that she had found lacking during her own experience.

Pain Connection services include: monthly support groups for people with chronic pain and their families, one-on-one peer support, Pain Connection Live Conference Calls, Filling the Gaps in Pain Care (FIG) an 8 week program designed for people with pain and their families to improve their ability to manage chronic pain more effectively, “Pain Warriors” 8 week program and outreach to people from the Military, Veteran’s and Family Members, publication of “Making the Invisible Visible: Chronic Pain Manual for Health Care Providers”, Training of Trainers and supervision of mental health professionals, annual September Pain Awareness Month events, development of *The National Coalition of Chronic Pain Providers & Professionals (NCCPPP)* a network of health providers, professionals, and organizations dedicated to serving the chronic pain community, information and referrals, community outreach and education, newsletter and website.

Our professional support group leaders are provided **formalized training** and individualized informal training/supervision based on individual experience level. We offer CEUs in many of our trainings free to group leaders. Leaders are also required to attend a current support group for at least one meeting.

**[](http://www.painconnection.org/)**

**Pain Connection, a program of the U.S. Pain Foundation**

6105 E Grant Road, Tucson, AZ 85749

tel. (800)910-0664  fax. (800)910-6951  [www.painconnection.org](http://www.painconnection.org)

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