

## **Keep Your Head in the Game: How to Use Mindset and Movement to Thrive with Chronic Pain**

A 6-week workshop led by a physical therapist and a psychotherapist  
Led by Nick Barbieri PT, DPT, CFCE, LLC and Joanna Frederick LCSW

- ❖ This workshop will meet for 90 minutes 6 weeks in a row over Zoom on either Tuesday evenings at 7 PM or Sundays at 5 PM depending on the most popular day for all; start date TBD
- ❖ This small group (ideally 6-8 participants) will include a combination of education on the chronic pain and mind-body connection, an exercise program, and mind-body techniques in a supportive group therapy environment with homework between each group
- ❖ Learn more about the neuroscience and the biopsychosocial model of pain and how mindset plus the right movement can improve your quality of life
- ❖ Cost is \$75 for the individual 45 minute consultation and \$100 per 90 minute group *but sliding scale is available so please reach out to discuss*
- ❖ This group is appropriate for all diagnoses: fibromyalgia, RA, EDS, CRPS, MS, back pain, etc.

If you are interested or have further questions, please contact Joanna Frederick LCSW to schedule a free 20-minute screening at [therapywithjoannafrederick@gmail.com](mailto:therapywithjoannafrederick@gmail.com) or 484 477 8982. Feel free to text as well.

### About the Leaders:

Joanna has been practicing for 15 years and is currently in private practice. In addition to working with trauma, depression/anxiety, and eating disorders she has a passion for working with chronic illness/chronic pain. Her approach to chronic illness involves empowering patients to change the way they approach their body, their life and their relationships. Joanna will also be sharing from the experience of a patient living with hypermobility syndrome.

Nick has been pursuing his passion for physical therapy since 2013 and he is the Clinical Director and lead therapist at PTW in Media, PA. He not only treats people's injuries but helps them shift their mindset while addressing their internal and external problems simultaneously. Nick enjoys working with all ages from children to the elderly in addition to pre and post surgical therapy, field sport athletes and injured workers.

<https://www.ivyrehab.com/news/the-physical-therapy-wellness-institute-opens-new-facility-in-media-pa-led-by-nick-barbieri-dpt-pt-cfce-llc/>