

TMS* Therapy Group

For people battling Chronic Pain and other Mind-Body Disorders

You can be pain-free!

- Arm Pain
- Back Pain
- Bulging or Ruptured Disks
- Bursitis
- Carpal Tunnel
- Degenerative Disk Disease
- Fibromyalgia
- Foot Pain
- Irritable Bowel Syndrome
- Migraines
- Neck Pain
- Plantar Fasciitis
- Sciatica
- Stomach Pain
- Tendonitis
- Etc.

Meet with others who have TMS to get support and share strategies.

The group will be a safe place to explore the connections between TMS patterns and life's difficulties. By sharing their experiences, group members will learn to "think psychological, not physical," find new ways to manage TMS, get encouragement in resuming normal activities as soon as possible, and ultimately become and remain pain-free.

When: Wednesdays at 4 p.m.

Where: Highland Park, NJ

Cost: \$85 per session
(usually covered by health insurance at the out-of-network level)

Contact Dr. Jeffrey Axelbank at 732-572-8848

for more information or to set up a screening appointment

(usually covered by health insurance at the out-of-network level)

For more information about Dr. Axelbank, visit www.jeffreyaxelbankpsyd.com

* Tension Myositis Syndrome – a physical disorder, induced by emotional phenomena. For more information visit www.tmswiki.org or see books by John Sarno, M.D. such as *Healing Back Pain*, *The Mind-Body Prescription*, and *The Divided Mind*