Grantee Experience

CODAC Behavioral Health Services
Holly Darwin
Licensed Clinical Social Worker
Licensed Substance Abuse Counselor
Certified Alcohol and Drug Counselor
WHOLE HEALTH LIFE WORTH LIVING GROUP – PAIN MANAGEMENT

- **Purpose** – Relief for those with complicated pain that has not been completely ameliorated by medication.
- **Participants** – Seriously Mentally Ill members referred by Health Providers or Case Managers.
- **Method** – Cognitive Behavior Therapy and Drumming in a Group Setting.
Design – Two 2 ½ hour groups per week: one hour of drumming and discussion, 30 minute nutritional break, one hour of cognitive behavior therapy group referencing drumming experiences and positive reality statements and feedback.

Outcomes – Use of self-rating scales indicated a reduction in pain and an increase in a sense of well-being in most (2/3) participants over a 17 month period.
References

Drum Therapy Bergin & Garvey


