



## Join Us

Join other chronic pain survivors interested in receiving compassionate and supportive care from our team of highly-qualified mental health providers.

Please call our offices at  
**(973) 727-1597,**  
email [info@thekraftgroupinc.org](mailto:info@thekraftgroupinc.org),  
or visit [www.thekraftgroupinc.org](http://www.thekraftgroupinc.org)  
to learn more.



THE  
**KRAFT**  
GROUP, INC.

Day	Hours
Monday	9:00am - 8:00pm
Tuesday	9:00am - 8:00pm
Wednesday	9:00am - 8:00pm
Thursday	9:00am - 8:00pm
Friday	9:00am - 8:00pm
Saturday	As needed
Sunday	As needed

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**Visit:** [www.thekraftgroupinc.org](http://www.thekraftgroupinc.org)

The Kraft Group, Inc.  
123 Columbia Turnpike  
Suite 201, Building A  
Florham Park, NJ 07932



THE  
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## Chronic Pain



**Partnering with clients for  
enduring change and recovery.**

Constant suffering from chronic pain can affect every aspect of your life, from your identity to your mental health to your social connections and more. At The Kraft Group, we understand that your experience of suffering needs to be addressed in a holistic manner--with careful attention paid to every aspect of your life that has been altered since you began living with pain.

Whether in individual, family, or group therapy, at The Kraft Group we create a safe space for personal reflection, feedback, and individual growth and change. We help you move from suffering to thriving.



## Topics we consider when working with Chronic Pain

**Anticipatory Pain** Anticipatory pain is the pain that manifests simply from *thinking* about doing something that may cause you pain. These thoughts actually create a pain response in the body. Why is this and what can be done about it?

**Relearning the Experience of Pain** Based on findings in neuroscience, we can explore new ways of thinking about pain that may lessen its intensity.

**Medication/Substance Use** While we support medication-assisted pain management, if you or a loved one feels your medication use has become problematic, The Kraft Group has licensed clinical drug and alcohol counselors and other medical professionals available to assist you in addressing your concerns.

**Mental Health** Anxiety and depression are commonly associated with the experience of chronic pain. Our compassionate therapists are equipped to help you, however your suffering has impacted your emotional health.

**Doctor Fatigue** The experience of visiting many doctors over a long period of time has likely affected you, your health, your relationship with loved ones or your career. Our therapists can help you find ways to strike a balance between getting the medical care you need and maintaining the life you want.

**Holistic Modalities** From mindfulness to exercises to sessions with a reiki practitioner and more, we invite you to explore these various modalities aimed at cultivating a greater sense of inner peace.



**Support System** How have your friends, family and colleagues responded to your chronic pain? Are they giving you the support you need? How has your social life changed? Our compassionate therapists can explore strategies and solutions with you.

**Your "New Normal"** Many people feel that chronic pain impacts their sense identity. We will partner with you as you define what your "new normal" will be, and construct the life you most want to live.

**And More** Whether you choose to engage in individual, family or group sessions, our work with clients is always interactive. We will explore a variety of topics, not only the ones listed here. Our goal is to tailor each session to what is most relevant and helpful to you.