Services Not Billable to Insurance

* Acupuncture
* Massage Therapy
* Mindfulness Groups:
  ⇒ Mindfulness-Based Stress Reduction
  ⇒ Relationship Skills for People in Pain
* Nutrition Services:
  ⇒ Nutrition Coaching
  ⇒ Nutrition Basics for Health
  ⇒ Mindful Eating
  ⇒ Grocery Store tour with Nutrition Coach
* Therapeutic Movement:
  ⇒ Healing Qigong
  ⇒ Tai Chi
  ⇒ Yoga for Chronic Pain

Our Team

Our team is made up of physicians, nurse practitioners, health psychologists, physical therapists, mind body movement instructors, massage therapists, acupuncturists and nutrition coaches. We are located at:

3401 West End Avenue
Suite 380
Nashville, TN 37203

P: (615) 343-1554
F: (615) 936-6144
W: www.vcih.org

The natural healing force within each of us is the greatest force in getting well.

-Hippocrates
The Integrative approach to Chronic Pain uses a wide variety of evidence-based therapies to address all aspects of pain.

At the Vanderbilt Center for Integrative Health (VCIH), the collaboration happens between the provider and the patient as well as between providers of different disciplines to find an approach to address your specific needs.

The modalities offered at VCIH can be effective at decreasing the impact of pain on everyday life and providing rehabilitation for chronic pain.

Across all our modalities, we emphasize **mindfulness**, which is simply the practice of noticing each present moment with compassion.

Your first visit will be an Integrative Health Consultation. This takes place with a physician or nurse practitioner who specializes in Integrative Health and Chronic Pain. Together, we develop a personalized plan for managing chronic pain and improving your quality of life. Common areas of focus include:

- Assessing the cause of your pain
- Emotional coping skills
- Medication evaluation
- Nutrition
- Pain education
- Therapeutic movement

The clinician guides this process and provides support over a 6-12 month period as new skills are gained and therapies are initiated to address chronic pain.

**What to Expect**

**Services Billable to Insurance**

- Group Therapy classes focused on mindfulness skills
  - Holding Pain with Mindful Compassion
  - Mindfulness for Pain & Fatigue
  - Living Well with Chronic Pain
  - Women’s Group

- Integrative Health Consultation with a Physician or Nurse Practitioner

- Mind Body Counseling with Health Psychologist or Psychotherapist

- Physical Therapy