



# Empowered Relief™

*Train your brain away from pain*



Your Information Here

Certified Instructor



**Stanford**  
M E D I C I N E



National Center for  
Complementary and  
Integrative Health

This class is an evidence-based pain treatment.

Developed by pain psychology scientists at  
Stanford University.

Delivered internationally.





**You are not alone!**



# GOALS

- You will learn about how pain is processed in the brain and how to best manage it
- Learn simple skills that you can use everyday
- Create your personalized plan for long-term relief

