

CASE STUDY

Overcoming chronic pain, reducing dependence on medication, and shifting mindset for self-empowerment.



AT A GLANCE

Client: Stephanie Gaffney – Compliance and Oversight Administrator

Age: 50

Focus: Overcoming chronic spinal pain, reducing reliance on medication, and embracing a new approach to pain management and self-care.

Solution: Reframe pain narrative, reduce medication dependence, remove spinal cord stimulator, and empower self-care strategies for lasting transformation.



Before working with Tim, I felt like I was constantly battling against my body and my pain. I had been medicated for so long; I thought I couldn't live without it.

Tim helped me shift my mindset, showing me that pain didn't have to control me. Through our work, I learned how to manage my pain without medication, and I've gained a new sense of freedom.

I now feel empowered to live life on my terms, without fear of what I can and can't do. I can now socialize without the fear of judgment, something that once felt impossible. I look forward to spending time away from home and embracing life outside of the safety and isolation I once created for myself.



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OBJECTIVES

Stephanie came to me after years of struggling with chronic spinal pain and relying on powerful opioids. Despite undergoing numerous treatments, including the implantation of a spinal cord stimulator that delivered electric pulses to the troubled areas in her shoulder, Stephanie was still battling anxiety, sleep deprivation, and exhaustion. Our goal was to help her shift her mindset, reduce her dependence on medication, and find new ways to manage pain and discomfort without relying on external interventions like the stimulator.

SOLUTION

Together, we began by reframing Stephanie's beliefs about pain. By normalizing her experience and sharing my own journey with chronic pain, Stephanie realized that changing the narrative around pain could be transformative. We focused on gradually reducing her reliance on medication and eventually removing the stimulator from her shoulder. Through a combination of mindset shifts, pain reframing, and self-care strategies, Stephanie made remarkable progress in managing her pain without medication or external devices, leading to a significantly improved quality of life.

BENEFITS

Reduced Medication Dependence: Through mindset shifts and gradual changes, Stephanie was able to reduce and eventually eliminate her dependence on powerful opioids, paving the way for a healthier, more balanced life.

Empowered Pain Management: Stephanie now manages her pain through movement, physiotherapy, and self-care, without relying on medication or the spinal cord stimulator.

Improved Quality of Life: Free from the limitations of chronic pain and medication, Stephanie has been able to socialize more, embrace life outside the home, and engage in activities that were previously challenging.

New Mindset and Self-Empowerment: The work we did together helped Stephanie shift her mindset, empowering her to take control of her life and manage her pain on her terms.

Ready to take control of your pain and transform your life?
Get in touch today to learn how our personalized approach can help you find lasting change.

CONTACT US AT WWW.ZENVAL.LIFE