



Complex care, made simple

# Rewiring **chronic pain** with specialty **psychology**

Chronic pain is more than just physical discomfort—it's a complex interplay of neurological, emotional, and behavioural factors.

At Biio, our psychologists offer specialised therapies to help individuals with **chronic pain conditions and central sensitisation**.

Our approach leverages the brain's ability to change and adapt, focusing on **rewiring pain pathways** to reduce suffering and improve quality of life.

We combine **evidence-based pain psychology techniques with innovative neuroplasticity interventions**, tailoring each treatment plan to your unique pain experience and life circumstances.

With **short wait times and access Australia-wide**, we offer a more efficient, effective, and empowering approach to chronic pain relief.

## Featured Therapies

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### Pain Reprocessing Therapy

A tailored cognitive therapy that helps patients reconceptualise pain, leading to reduced pain intensity and improved function.

### Graded Motor Imagery

A three-stage neuroplasticity technique that retrains the brain's pain response during movement, improving physical function.

### Safe & Sound Protocol

An auditory therapy that stimulates the vagus nerve, helping to regulate the autonomic nervous system and reduce pain sensitivity

### Mindfulness-Based Stress Reduction

Mindfulness techniques to increase pain acceptance and reduce suffering.

## How It Works

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- **Initial assessment**  
With a senior Clinical Psychologist
- **Tailored treatment**  
Combining neuroplasticity techniques and psychological strategies, and empowering active self-management
- **Ongoing coaching & support**  
Your care is proactively case-managed by your therapist to keep you on track
- **Collaborative care**  
We'll keep your care team informed so they can share in your progress

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Seek personalised treatment for chronic pain relief. Scan to learn more

Australia-wide — [www.biio.com.au](http://www.biio.com.au) — [support@biio.com.au](mailto:support@biio.com.au) — 1300-184-664

