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by Lori Greer, PsyD

**TREATING
CHRONIC FATIGUE**

Chronic Fatigue Syndrome (CFS) is a perplexing disorder that is characterized by otherwise unexplained debilitating fatigue that persists for six or more months and is not helped by bed rest. There are no diagnostic tests for the disorder, which may also cause symptoms of problems with sleep and concentration and muscle or joint pain. If

there is any good news to report, it is that a comparison of treatments for CFS shows that progressive exercise and cognitive behavioral therapy (CBT) were found to be effective in reducing fatigue and improving physical function when combined with medical care provided by chronic fatigue specialists. CBT helps CFS sufferers change unhelpful thoughts, including fears about symptoms or activity.

Of course, if you are suffering from CFS, you need to seek treatment right away. But you needn't be suffering from something as dramatic as CFS to seek help. Depression and stress can strike

anyone at any time, for any reason, or no reason at all. Our compassionate counselors understand your very real pain -- whether it's caused by CFS or by some less dramatic like depression -- and we offer the compassion you want and the proven solutions that you need to get back to your usual healthy self. Call 608-742-5020 today for an appointment. Our address is 2639 New Pinery Rd., Suite 1. *Offering you and your family compassionate and professional advice.*

P.S. While the exact cause of chronic fatigue syndrome is unknown, theories range from viral infections to psychological stress as being possible causes.

ASPEN
Family Counseling
www.aspenfamilycounseling.com