

Multi-Modal Therapies for Chronic Pain



Acupuncture • Aquatic Therapy • Biofeedback • Chiropractic • Energy Work
Massage Therapy • Mindfulness/Meditation • Nutrition • Physical Therapy • Psychotherapy
Relaxation/Deep Breathing • Supervised Exercise Programs • Support Groups • Tai Chi • Yoga



wellnessneighborhood

A Service of Tahoe Forest Health System

acupuncture

Lauren Corda, Lac
10363 High Street #3
Truckee, CA
(530) 412-1032

\$50 and up per session

Vitality Primary Care
Barbara Ferrero, Lac, Kyle Briggs, Lac
10775 Pioneer Trail #108
Truckee, CA
(530) 563-6403
barbferrero@gmail.com

Sliding scale available

Tracy Rudnicki, Lac
12098 Sierra House
Truckee, CA
(530) 412-1213

\$50 and up per session

Tahoe Yoga and Wellness Center
10770 Donner Pass Road *and*
50 Trimont Lane
Truckee, CA
(530) 550-8333

Workshops offered at sliding scale
tahoeyoga.com

aquatic therapy

Joanna McMullen
Center for Health and Sports Performance
10710 Donner Pass Road
(530) 587-3769

Discounted rates available
Warm water therapy for chronic pain

Truckee-Donner Community Swimming Pool
8924 Donner Pass Road
Truckee, CA

tdrpd.org/facilities/community-pool.html

biofeedback

Linda Mackenzie
Center for Health and Sports Performance
10710 Donner Pass Road
Truckee, CA
(530) 587-3769

Discounted rates available
tfhd.com/os-center.asp

chiropractic

Dr. Tim Schroeder
645 West Lake Boulevard #3
Tahoe City, CA 96145
(530) 583-7475

2 patients per month with discounted services
\$35/exam consultation and \$30 office visit

Dr. Marcus Waters
11090 Trails End
Truckee, CA
(530) 308-7784

Discounted on a case-by-case basis

energy work

Body Talk
Brooke Butler
(530) 386-1237
brooke@bodytalk.com

Energy work, Reiki
Sliding scale available

massage

Center for Health and Sports Performance
10710 Donner Pass Road
Truckee, CA
(530) 587-3769

Discounted rates available
tfhd.com/os-center.asp

Allison Lightcap
(530) 412-1950

Discounted rates available
tahoehealing.com

Starlight Bodyworks
Mary Ann
531 North Lake Boulevard, Studio G
Tahoe City, CA
(530) 414-1232

Sliding scale available

Vitality Primary Care
Barbara Ferrero, Lac, Kyle Briggs, Lac
10775 Pioneer Trail #108
Truckee, CA
(530) 563-6403
barbferrero@gmail.com

Sliding Scale available
Massage
Nutrition consultation/supplements

Aloha Massage
Zoe Cahill
10116 Jibboom Street, Suite 3
Truckee, CA
(530) 562-7397

Sliding Scale available

MIXD Bodywork
Stephanie May
(530) 562-5052

Local's discount, family plan and sliding scale

mindfulness/meditation

Center for Health and Sports Performance
10710 Donner Pass Road
Truckee, CA
(530) 587-3769

Discounted rates available
Mindfulness Based Stress Reduction
Deep Relaxation and other classes
tfhd.com/os-center.asp

For Goodness Sake
10157 Donner Pass Road
Truckee, CA
(530) 550-8981

Various classes, etc. offered at discounted rate or free goodnesssake.org

Well Being
8571 North Lake Boulevard
Kings Beach, CA
(530) 546-3335

Various classes, etc. offered at discounted rate or free

Tahoe Yoga and Wellness Center
10770 Donner Pass Road *and*
50 Trimont Lane
Truckee, CA
(530) 550-8333

Workshops and community classes offered at discounted rate

Allison Lightcap
(530) 412-1950

\$5 drop-in meditation class
tahoeh healing.com

nutrition

Registered Dietitian Nutritionists
Center for Health and Sports Performance
10710 Donner Pass Road
Truckee, CA
(530) 587-3769

tfhd.com/os-center.asp
Discounted rates available

Allison Lightcap
(530) 412-1950

Nutrition consultation
Discounted rates available

Vitality Primary Care
Barbara Ferrero, Lac, Kyle Briggs, Lac
10775 Pioneer Trail #108
Truckee, CA
(530) 563-6403
barbferrero@gmail.com

Sliding scale available
Nutrition consultation/supplements

physical therapy

Tahoe Forest Physical Therapy
Incline Village, Tahoe City, Truckee
(530) 587-1062

Medi-Cal accepted

Synergy Therapeutics
11890 Donner Pass Road
Truckee, CA
(530) 550-0400

Sliding Scale offered on a case-by-case basis

Martha Schoonmaker
1970 Twin Peaks Drive
Tahoe City, CA
(530) 581-3884

Medicare accepted

psychotherapy

Debra Brioza, LMFT
10363 High Street #5
Truckee, CA 96161
(530) 582-4977

1-2 chronic pain patients per month for sliding scale availability

Polly Ryan, LMFT
10956 Donner Pass Road #360
Truckee, CA 96161
(530) 587-1978

Meditation group at For Goodness Sake
Cost is what one can afford
Group meets every other Sunday

Indigo Waters Counseling
Kirsten Livak
13406 Donner Pass Road
Truckee, CA
(530) 475-6678

Experienced in working with patients who have chronic pain
Sliding scale available

Jane Kingston, LMFT
10770 Donner Pass Road #205
Truckee, CA 96161
(530) 562-4139

Biofeedback/neurofeedback
Possible sliding scale offered

Alan Redstone, LMFT
10956 Donner Pass Road #360
Truckee, CA 96161
(530) 587-0111

\$40-\$50 lowest amount per session
Hypnosis, relaxation

Jan Susman, LMFT
10098 Jiboom Street #103
Truckee, CA 96161
(530) 913-2831

\$50 lowest amount per session
Interested in doing a group if needed

Bruce Hill, LMFT
425 North Lake Boulevard
Tahoe City, CA
(530) 320-4041

\$50 lowest amount per session

Placer County Behavioral Health
(916) 787-8860

Medi-Cal accepted

Nevada County Behavioral Health
(530) 582-7882

Medi-Cal accepted

Sierra Mental Wellness Group
2690 Lake Forest Road #B
Tahoe City, CA 96145
(530) 581-4054

Medi-Cal accepted

Lake Tahoe Counseling Center
Barbara, Draheim, PhD
3080 North Lake Boulevard
Tahoe City, CA
(530) 581-0385

Free 1-hour consultation and discounted rate after
Over 30 years in practice

Karin Sable, LMFT
3080 North Lake Boulevard
Tahoe City, CA 96145
(530) 581-0339

Lowest is \$80/session
Offers an emotional regulation group for women—pay what you can

Victoria Mercer, PhD
1604 Christy Hill Road
Olympic Valley, CA 96146
(530) 563-6769

Sliding scale available

relaxation/deep breathing

Center for Health and Sports Performance
10710 Donner Pass Road
Truckee, CA
(530) 587-3769

Discounted rates available
tfhd.com/os-center.asp
Various classes

For Goodness Sake
10157 Donner Pass Road
Truckee, CA
(530) 550-8981

Schedule: goodnesssake.org

Tahoe Yoga and Wellness Center
10770 Donner Pass Road *and*
50 Trimont Lane
Truckee, CA
(530) 550-8333

Classes offered at a discounted rate

Allison Lightcap
(530) 412-1950

May offer \$5 drop-in meditation/relaxation group
tahoehealing.com

supervised exercise programs

Center for Health and Sports Performance
10710 Donner Pass Road
Truckee, CA
(530) 587-3769

Discounted rates available
Schedule: tfhd.com/os-center.asp

MIXD Bodywork
Stephanie May
(530) 562-5052

Local's discount, family plan and sliding scale

support groups

Chronic Pain/Illness Support Group
Center for Health and Sports Performance
10710 Donner Pass Road
Truckee, CA
(530) 587-3769

Every 2nd and 4th Tuesday at 10:00-11:30 am

For Goodness Sake
10157 Donner Pass Road
Truckee, CA
(530) 550-8981

Provided by specific psychotherapist
More info: goodnesssake.org

tai chi

For Goodness Sake
10157 Donner Pass Road
Truckee, CA
(530) 550-8981

Class schedule: goodnesssake.org

yoga

Center for Health and Sports Performance
10710 Donner Pass Road
Truckee, CA
(530) 587-3769

Various classes
Discounted rates available
tfhd.com/os-center.asp

Tahoe Yoga and Wellness Center
10770 Donner Pass Road *and*
50 Trimont Lane
Truckee, CA
(530) 550-8333

\$13 drop-in rate for community classes.
Community class 10-pack for \$120
tahoeyoga.com

Studio Tahoe
10775 Pioneer Trail Suite 106 B
Truckee, CA
(530) 587-1891

Community class rates: yogastudiotahoe.com

Namaste Yoga
10368 Donner Pass Road
Truckee, CA
(530) 448-9014

Offers community classes regularly
\$5 drop-in for Yin Yoga
Community yoga 5-class package for \$25

Allison Lightcap
(530) 412-1950

Discounted private yoga sessions
tahohealing.com

