

# Living Well with Chronic Pain course

## What to expect?

- 9 sessions, once per week
- 1.5 hours with a break
- Face to face course

## Course Aims:

- Help you to understand more about Chronic Pain
- Learn more about the links between brain, pain, and mood
- Build upon strategies to live better with pain
- Consider important values, goals and how to achieve them
- Looks at how cognitive behavioural therapy (CBT) can help with difficult thoughts
- Sleep and pain
- Cultivating resilience and adjustment to the condition
- Opportunity to meet others living with pain condition

