

Pain Association Scotland provides professionally led group sessions which focus on the self-management of chronic pain.

All sessions focus on the self-management approach to chronic pain and other long-term conditions. The approach is to look at ways of managing, coping, and improving the quality of life.

## 6 x information/education sessions:

(every other month, 1.5 hours online). These provide a short introduction to the ideas of self-management.

The sessions are online and last for one and a half hours with a short comfort break. These sessions are helpful on their own, but they can also be a stepping stone in to the monthly group or course.

## 2 x 5 week courses:

The courses provide an intensive period of 5 weekly sessions in which participants can really get to grips with understanding and making changes.

The approach is to look at ways of managing, coping, and improving the quality of life.

## 11 monthly group meetings:

2 hours online.

The group provides ongoing education and support throughout the year. There is a focus on a different self-management topic every month

I did not know what to expect and it turned out to help better than what I expected



Phil Sizer – Lead Trainer

Attending the group meeting has been a life saver. Just wish i'd known about the groups sooner.

If you wish to attend any of the courses or sessions contact the office by phoning 0800 783 6059 or email [info@painassociation.com](mailto:info@painassociation.com)

