










# Persistent Pain Management Service

## Single sessions and online workshops 2021

Programs	Day / Time / Duration	Description	When	
<b>CALM</b> 	Thursday 1pm-3pm (2hrs)	A one-off workshop, focusing on managing stress and anxiety, in order to give you better control over your pain. This is delivered by telehealth or face to face (*F2F), run by the Pain Occupational Therapist or the Pain Psychologist. <b>COVID-safe precautions and protocols apply with * F2F delivery</b>	*F2F 11 Feb 03 June 21 Oct	Tele-health 08 April 26 Aug 16 Dec
<b>COPE</b> 	Thursday 1pm-3pm (2hrs)	A one-off workshop focusing on managing your worry about pain. You will learn strategies aimed at changing your thinking patterns and relaxation techniques helpful for worry. This is delivered by telehealth or face to face (*F2F), run by the Pain Psychologist. <b>COVID-safe precautions and protocols apply with * F2F delivery</b>	*F2F 18 Mar 02 Sep 25 Nov	Tele-health 21 Jan 13 May 30 Sep
<b>CONNECT</b> 	Thursday 1pm-3pm (2hrs)	A one-off workshop focusing on communication types and interpersonal skills such as assertiveness for healthy relationships. This is delivered by telehealth or face to face (*F2F), run by the Pain Psychologist. <b>COVID-safe precautions and protocols apply with * F2F delivery</b>	*F2F 15 Apr 05 Aug	Tele-health 18 Feb 10 Jun 28 Oct
<b>SS SLEEP</b> 	Thursday 1pm-3pm (2hrs)	A one-off workshop to introduce you to healthy sleep strategies (or a useful refresher). This is delivered by telehealth or face to face (*F2F), run by the Pain Psychologist. <b>COVID-safe precautions and protocols apply with * F2F delivery</b>	*F2F 28 Jan 20 May 09 Sep	Tele-health 25 Mar 04 Nov
<b>SS MIND</b> 	Thursday 1pm-3pm (2hrs)	A one-off workshop to introduce you to mindfulness strategies for pain (or a useful refresher). This is delivered by telehealth or face to face (*F2F), run by the Pain Psychologist. <b>COVID-safe precautions and protocols apply with * F2F delivery</b>	*F2F 22 Apr 12 Aug 02 Dec	Tele-health 25 Feb 17 Jun 07 Oct

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Programs	Day / Time / Duration	Description	When	
<b>MOVE</b> 	Monday 1pm-3pm (2hrs)	<p>Motion is lotion". A one-off gentle physio-led movement/education session to help you learn the basic principles of movement for pain control in a practical and supervised setting. This is delivered by telehealth or face to face (*F2F), run by the Pain Physiotherapist.</p> <p><b>COVID-safe precautions and protocols apply with * F2F delivery</b></p>	*F2F 22 Feb 30 Aug 29 Nov	Tele-health 25 Jan 29 Mar 31 May 28 Jun 27 Sep 25 Oct
<b>FLEX</b> 	Thursday 1pm-3pm (2hrs)	<p>A one-off education and movement class for patients who suffer from low back pain – busting low back myths through evidence based research and practical advice. This is delivered by telehealth or face to face (*F2F), run by the Pain Physiotherapist.</p> <p><b>COVID-safe precautions and protocols apply with * F2F delivery</b></p>	*F2F 11 Mar 23 Sep	Tele-health 14 Jan 06 May 18 Nov
<b>SS PACE</b> 	Thursday 1pm-3pm (2hrs)	<p>A 2hr one-off workshop introducing participants to the skill of pacing for pain management. Knowing how to better approach activities using a paced approach, to help individuals regain a better sense of control over pain and re-engage in activities which are important to them. This is delivered by telehealth or face to face (*F2F), run by the Pain Occupational Therapist.</p> <p><b>COVID-safe precautions and protocols apply with * F2F delivery</b></p>	*F2F 04 Mar 16 Sep	Tele-health 07 Jan 27 May 11 Nov
<b>GOALS</b> 	Thursday 1pm-3pm (2hrs)	<p>A one-off 2hr workshop helping people to understand the importance of goal setting and how this can be achievable whilst managing persistent pain. This workshop will help patients to regain hope for future long and short term personal goal setting by developing new skills to structure their day and regain control over pain. This is delivered by telehealth or face to face (*F2F), run by the Pain Occupational Therapist.</p> <p><b>COVID-safe precautions and protocols apply with * F2F delivery</b></p>	*F2F 04 Feb 29 Apr 19 Aug 09 Dec	Tele-health 01 Apr 24 Jun 14 Oct



**REBOOT** (Chronic Pain Course provided by **ThisWayUp**) is an online, self-paced program that individuals can choose to undertake instead of our programs, or in addition to our programs. It consists of 8 on-line lessons which can be done over 4 months and includes free education resources and practical tips on general self-management strategies. Suitable for people who have flexibility in their learning. SPCPMS can prescribe the program to current or new patients and provide monitoring support.

For more information on REBOOT go to:

<https://thiswayup.org.au/courses/the-chronic-pain-course/>