

An Introduction to the Self Management approach to chronic pain, health and well-being.

An Introduction to Self Management is an intensive one-day workshop that has been developed to give a speedy and effective introduction to the Self Management Approach to Health and wellbeing, with a particular emphasis on chronic pain.

The day focuses on understanding the personal experience of chronic pain from a bio-psycho-social perspective and identifying self-management strategies that can help an individual to regain some control and thereby cope more effectively with the effects of their condition. Experience throughout Scotland and Ireland has shown that the workshop provides both a valuable stand-alone experience and the motivation for many participants to make practical changes and adopt new coping strategies.

What to expect: The workshop will be friendly, informal and interactive. It consists of teaching, discussion, sharing and practical sessions. Participants will be gently encouraged to share experiences and respond during the sessions. Nobody will be forced in to saying or doing anything that they do not want to. We ask that everything that is said during the day is treated with respect and remains confidential. You will be able to move about and make yourself comfortable whenever and however you want (it's worth bringing a cushion).

The topics covered:

- Defining self management (Bio-medical compared with Self Management)
- Understanding Chronic Pain vs Acute Pain
- The Bio-Psycho-Social Model
- The Pain Stress Cycle -understanding the dynamic relationship mind and body and the link between stress and pain
- Pain cognition, the pain response, understanding core sensitisation
- Relaxation exercises (passive and active)
- Building the relaxation response
- Pacing and taming flare-ups
- Dealing with negative thinking

The interactive nature of the day means that every session is different and reflects the needs of the participants. It is therefore possible that additional pain management topics may be covered if the need arises. **Outcomes:** Participants will understand more about chronic condition/pain and realise that they have a significant role to play in the self management of their condition. The course often leads to the adoption of positive health promoting habits especially in relaxation, pacing, dealing with stress and returning to activity.