

Bath Centre for Pain Services

Specialised rehabilitation for disabling pain conditions

A Nationally Commissioned Centre of Excellence
www.bathcentreforpainservices.nhs.uk

Study Days – Acceptance and Commitment Therapy for Adults with Chronic Pain

WHAT A two day course run by the Bath Centre for Pain Services to be held on the **30th and 31st of March 2023 at the Apex City of Bath Hotel (BA1 2DA)**

COST £300 (includes tea/coffee and buffet lunch). **Early Bird rate of £275 available if you book before the 13th January 2023.**

Patients with chronic pain need integrated pain management that targets physical and psychological aspects of suffering and disability. Often, emotional and behavioral factors are the main barrier to progress; this training event explores Acceptance and Commitment Therapy (ACT) approaches to helping patients to manage these barriers and re-engage with their lives.

ACT has been identified by the American Pain Association as having a strong research base. This event is an ideal introduction to using ACT in pain management practice. Taught by expert clinicians who have years of experience in using ACT with patients with highly complex pain presentations, the course will link clinical theory to techniques and practice. We will provide space for personal experiential practice and role play*.

AIMS *Understanding the conceptual model of ACT and how it connects to clinical practice in pain management*

Developing a personal understanding of ACT– extending learning beyond intellectual understanding.

Integrating ACT approaches into non-psychology healthcare practice.

Opportunities to watch and question experienced clinicians using these methods.

Space to discuss the application of these techniques to your own setting

EMAIL ruh-tr.RNHRDPainEducation@nhs.net for an application form.
Closing date for applications February 28th 2023.