

# Bath Centre for Pain Services

Specialised rehabilitation for disabling pain conditions

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

## Study Days – Acceptance and Commitment Therapy for People with Chronic Pain

- WHAT** A two day course run by the Bath Centre for Pain Services to be held on **Thursday 8<sup>th</sup> and Friday 9<sup>th</sup> November 2018** at Royal National Hospital for Rheumatic Diseases, Bath. Please note that it is not possible to attend one day only.
- COST** £220 (includes tea/coffee and buffet lunch). **Early Bird rate of £200 available if you book before 08/10/18.**

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

- CONTACT** E-mail: ruh-tr.RNHRDPainEducation@nhs.net for an application form.  
Closing date for applications Thursday 1<sup>st</sup> November 2018