



ACTION! Moving forward course

What is the ACTION! Moving forward course?

This is an interactive course of one and a half hour weekly sessions spread over 8 weeks that looks at how to improve quality of life whilst still experiencing chronic pain using a psychological therapy. It is in a group format and has one facilitator.

Your local
healthcare
provider

What is ACT?

Acceptance and Commitment Therapy (ACT) focuses on trying to help you accept/move forward with difficult situations such as chronic pain while committing to actions that will help with adjustment and improve their quality of life. ACT is a powerful mindfulness –based therapy which is currently leading the field in terms of research, application and results.

How will it benefit me?

You have chosen the course as you, a healthcare professional or someone close to you has recognised that you may be struggling to cope with the chronic pain and its' impact, especially the painful thoughts and feelings. The course aims to: change your relationship with pain, difficult thoughts and feelings; to help you to live in the present; and to take action, guided by your values to create a sense of a richer more meaningful life whilst still having chronic pain.

What are the risks?

There are no known risks attending this course. However we do advise that you bring anything you feel may help you feel more comfortable for the duration of the course such as cushions, refreshments.

What is involved?

You will not need any special equipment or clothing, but if you usually wear glasses for reading, please bring them. The group consists of a mixture of presenting information, practical meditation tasks that you can do sitting down or lying on a mat. There will also be occasions where group members can share their experiences. There will be a short break of 10 minutes to stretch or use the facilities. Unfortunately, you will not be able to bring a companion in with you.

You will not need to take notes as hand outs and summary sheets will be provided. There is also an expectation that homework tasks will be completed.

Topics covered:

- What is ACT?
- A variety of psychological skills to help you cope with the difficult thoughts and emotions you may experience as a consequence of having chronic pain.
- Help you clarify what is truly important and meaningful to you.
- We will be covering the 6 core principles in ACT.
- Formal and informal mindfulness practices
- Blueprint for the future

Service provided by: