



## Mind over mood

### What is the mind and mood group?

This is a one and a half hour weekly course spreading over 8 weeks that looks at how to recognise and manage your thoughts and emotions associated with having chronic pain using a contextual cognitive behavioural approach.

### What is contextual cognitive behavioural therapy?

Cognitive behavioural therapy (CBT) is a talking therapy that can help you cope with situations that can feel overwhelming by breaking them down into smaller parts. Most commonly the five main parts are:

- Situations
- Thoughts
- Emotions
- Body sensations
- Behaviour

CBT is based on the concept of these five parts being interconnected and affecting each other. However, this group will be looking at all of the above with the context of chronic pain in mind. The group will therefore also focus on pain and pain management strategies. This group will differ from any CBT you may have completed in the past as we will be relating it to chronic pain and its' management.

### How will it benefit me?

You have chosen the course as you, a healthcare professional or someone close to you has recognised that your thoughts and emotions are impacting on your pain management and vice a versa. The group will help explain the therapy model, how each part impacts on each other and how you can learn to manage these in a more adaptive and helpful way.

### What are the risks?

There are no known risks attending this group. However we do advise that you bring anything you feel may help you feel more comfortable for the duration of the group 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, discussing the information as a group, homework tasks and feedback from those tasks. 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.