

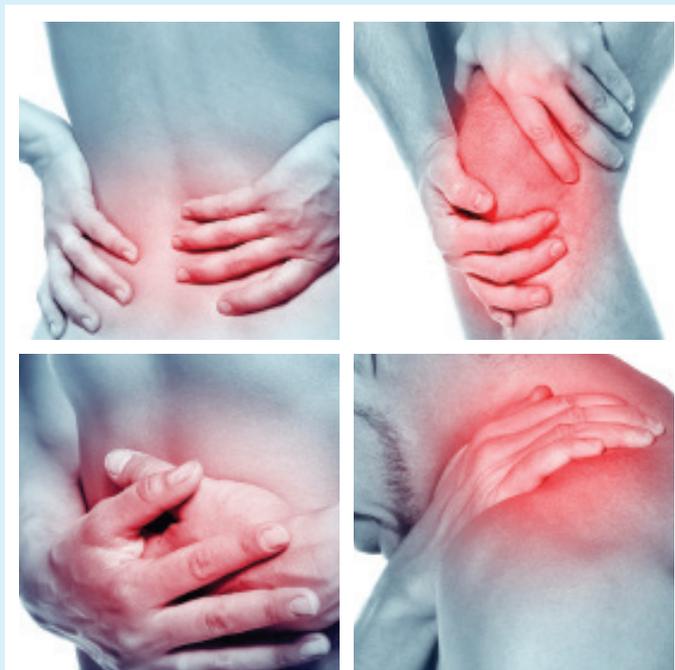
Chronic pain:

- is any pain that lasts longer than six months
- may be caused by injury, a medical procedure, disease or sometimes for no obvious reason
- impacts the lives of 1 in 15 Australian adults.

The Pain Course

The Pain Course is a free online treatment program that helps adults aged 18+ to manage the impact of chronic pain on their day-to-day life and emotional wellbeing. From the comfort of their home, participants learn the same practical skills that are taught at specialist pain management clinics.

The Pain Course is not designed to 'fix' or 'cure' chronic pain. Instead, the course provides essential information and teaches practical skills that help people manage the impact of pain on their lives.



“Many Pain Course participants have been living with pain for a very long time. After completing the course, people tell us they better understand their pain and feel more able to manage its impact on how they feel and what they do. In fact, more than 90% of participants say the Pain Course was worth their time and they would recommend it to a friend.”

Professor Nick Titov, Director of MindSpot

Tried, tested and trusted

MindSpot courses:

- 3 have been completed by more than 10,000 adults
- 3 are developed by the eCentreClinic at Macquarie University
- 3 are scientifically tested and proven to help
- 3 are backed by the Australian Government
- 3 have won several awards for excellence in content and efficacy.



What you will learn

The Pain Course consists of five online lessons over an eight-week period. During this time a MindSpot therapist will contact you weekly. The lessons provide essential information and teach practical self-management skills to enable you to:

- understand chronic pain
- recognise and manage the physical symptoms of pain, anxiety and depression
- recognise and challenge unhelpful thoughts and beliefs about pain and its management
- manage levels of day-to-day physical activity safely and confidently, despite pain
- continue to manage your pain and emotional wellbeing once the course has finished.



Support every step of the way

When you participate in the Pain Course you will be supported by a friendly, specially-trained MindSpot therapist who will:

- guide you through the course and answer your questions
- contact you briefly each week via text or telephone
- help you learn and practice new skills
- assist you to solve some of the barriers to managing the impact of pain.

Tips for success

- Discuss the Pain Course with your GP and other treating doctors
- Commit at least four hours each week for at least eight weeks
- Practice your new skills to manage pain
- Remember that learning to manage pain takes commitment and hard work.

Getting started

- Find out more: mindspot.org.au/pain-course or email contact@mindspot.org.au
- Discuss your participation in the Pain Course with your GP and other treating doctors
- Go to the MindSpot website to complete your Online Assessment and find out if the course is suitable for you.

Our Partners



Head to Health

A program supported by

