

Living with pain, illness, and injury...and having a valuable life anyway!



A course facilitated by Dr Alanda Thompson this August (1.5 hours per week x 4 weeks only)

Who? This group is for any person who is struggling to live with a physical problem, including chronic pain. Groups can be attended whether or not you are presently engaged in another individual physical or psychological therapy, as the groups normally complement other therapies.

How does it help? Often people are told 'to learn to live with' their conditions and wonder how on earth to do that! These groups provide some useful directives as well as providing an opportunity to learn about the mind-body connection and its impact on pain and general health. The group format is also a powerful way to feel understood by and to learn from others in a similar situation.

What will I learn?

- Practical mindfulness skills will be included in each session to address pain and mood problems
- What to do when you have been told that there is nothing to be done: understanding the biopsychosocial model of health, and your diagnosis
- How to manage the emotional and social impact of illness and injury
- Pacing activity. Detailed information about the perils of overdoing activity as well as the hidden costs of the disuse syndrome. How to feel useful again!
- Designing a valuable life

- There will be brief homework exercises to complete each week so that changes start happening in your life, not just in the group!

When? The next program starts on Monday 18 August at 12.30. It will run for the following three Mondays at the same time. There will be a limit of 10 people per program.

Cost? If you are eligible for a MHP from your GP (and most people should be), the total out of pocket cost for the complete program is \$73.40. The program costs \$200 without this plan.

Where? Peregrine Beach Community House. Directions will be provided upon enrollment. Wheelchair access is available. Carers are welcome to attend.

Who is Dr AlandaThompson?



Dr Alanda is an engaging facilitator who has more than 20 years of experience working with physical problems in hospital and outpatient services, as well as in private practice. She is a Clinical Psychologist who has helped people to tackle problems as diverse as chronic pain, HIV, Crohns, MS, fibromyalgia, and cardiac events. She worked in the Noosa Hospital pain management and cardiac rehab programs for many years, and has received excellent feedback for both the content and the format of her work. She has taught at the Masters level at University and trained other health professionals both across Australia and internationally.

Alanda had the chance to personally apply her own techniques 5 years ago after a car accident left her with lasting injuries. She found that employing a range of techniques, personalised for each individual, was very effective for managing physical symptoms and getting a life. She has an excellent understanding of what struggling with pain and disability can be like.

How do I enroll? For more information, or to enroll in the program...

***Contact Dr Alanda on (07) 5473 5238 or
alanda.thompson@gmail.com or through her website
www.sunshinepsychology.com.au***