



## How Can Pain Counselling Psychology Help Me With My Pain?

Pain is a very unpleasant experience which can cause significant differences to the way you would normally view the 'world'. It can cause you to think, feel and do things differently. Similarly the way you view your own pain can affect your thinking processes, your emotions and how you behave. A psychologist or counsellor can help you better understand the nature of your pain, the effect it has on you and the effect that you have on it.

Stress in itself can have an adverse effect on your pain. A psychologist or counsellor can treat and teach you appropriate relaxation techniques as a means of reducing stress.

They can help you by using a range of therapies such as ACT, EMDR, and cognitive behavioural therapy whereby you can be helped to evaluate and modify any unrealistic beliefs, unhelpful thoughts and behaviours and develop optimal self-help skills to maximise your psychological wellbeing, self-esteem, motivation, physical self-care, anxiety and depression. These skills are designed to reduce the behavioural, motivational, emotional, cognitive and physical symptoms of psychosocial distress that pain can cause.

Seeing a psychologist or counsellor may help you reduce your perceived level of importance of your pain, they may help facilitate health producing behaviours, and minimise adverse ways of managing your pain, and help you become less reactive to your pain.