



MINDFULNESS FOR PEOPLE WITH CHRONIC PAIN

- There is substantial evidence that Mindfulness training is beneficial for people struggling with chronic pain conditions. Research has found that Mindfulness training can help people to relax and be less stressed. After learning Mindfulness meditation people report lower levels of pain intensity and greater engagement with valued.
- Mindfulness is about being in the present noticing what we are experiencing in an open, non-judgemental way. The techniques of Mindfulness practice train the mind to be relaxed and open in the presence of all experiences. Pleasant experiences like delicious food or beautiful scenery becomes more enjoyable as we learn to be more present with life. Unpleasant experiences like pain tend to be less stressful and less dominating.
- **Course Overview**
- The course consists of six two hour sessions held weekly.
- Each session will include both meditation practice and theory.
- You will learn:
 - Formal and informal meditation practice;
 - Mindfulness of everyday activities that will help you to engage fully in the present activity you are doing, without ruminating about the past or worrying about the future;
 - How resistance to pain creates suffering. Through mindfulness strategies being able to accept the presence of pain whilst focusing on what matters and is of value and is the way to have less suffering in the presence of pain;
 - How to deal with painful emotions, feelings and thoughts with mindfulness strategies;
 - Acceptance of your situation and the benefit of being committed to living by meaningful values that assist you to lead a valued life.
- You are expected to do daily mindfulness practice utilising the weekly practice instructions and record sheet.
- You will receive a course manual and two mindfulness cd's for your practice.
- The course is being led by Jude King an experienced Pain Educator and Counsellor who also has a personal mindfulness practice and experience teaching mindfulness.
- * REFERENCES:
 - Baer R., A. (2003). Mindfulness training as a clinical intervention: A conceptual and empirical review. *Clinical Psychology: Science and Practice*;10, 125–43.
 - Grossman P., Niemann L., Schmidt S., & Walach H., (2004). Mindfulness-based stress reduction and health benefits: a meta-analysis. *Journal of Psychosomatic Research*, 57, 35–43.