

it impacts on your well being. It also provides a space for you to consider whether you would like to explore any of the options described in this leaflet.

Questions or further information

We have written this information sheet to help you understand the options available to you. However it does not cover everything and we are happy to answer any questions or points of concern.

If you think of any questions you wish to discuss please record them below and do not hesitate to contact us on:
01483 571122 ext 2735.

Key reference sources

- Vidyamala Burch (2008) Living well with pain and illness: the mindful way to free yourself from suffering. Piatkus books.
- JoAnne Dahl (2005) Living beyond your pain: Using Acceptance and Commitment Therapy to ease chronic pain. New Harbinger.

Contact details

For an appointment

If you would like an initial assessment please phone **01483 571122 ext: 2735**

Royal Surrey County Hospital (RSCH) NHS Foundation Trust fully subscribes to the National Patient Safety Agency (NPSA) *Being Open* best practice framework, November 2010.

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located in far left corner as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–4.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Persistent Pain Psychology Service



Pain Department

This leaflet aims to introduce you to the psychological services available to patients with persistent pain. These services use acceptance and mindfulness based approaches to living well with persistent pain.

Why have I been referred to the Psychology Services?

We recognise that long term pain has an impact on all facets of life. The psychology services aims to explore your struggle with your pain and how this has affected your life. We aim to discuss strategies for moving forwards in a valued direction.

What are acceptance and mindfulness based approaches?

These approaches are used to help people move towards a life of greater value despite their pain. It's important to recognise barriers that get in their way. These barriers can include:

- **Pain:** our natural response to physical pain and emotional suffering is to try to escape or avoid it. We can get trapped in repeating actions which no longer work but take great effort.
- **Thoughts:** our brains are constantly busy with thoughts. Sometimes we believe our thoughts so strongly that we struggle to do what's important to us.
- **Being present:** Sometimes pain can be so great that connection with the here and now becomes a struggle.

Signposting ways forward

The initial assessment provides a space to explore and reflect on your experience of living with pain. It also aims to help you consider its impact on your quality of life and well being. Many people find this process is sufficient to open up new possibilities and directions. Additional guidance can be provided by the team to help you connect with resources relevant to your unique situation and physical problem.

What are the options?

Following the initial assessment, most patients are offered to attend our pain management groups. We currently offer 2 groups in the pain department. Groups are run at the Royal Surrey County Hospital on Friday afternoons. Each group runs two hours a week.

These courses are run by the Multi-disciplinary Pain Management Team. The team consists of; clinical health psychologists, clinical nurse specialists and a clinical specialist physiotherapist.

- **1. Introduction to Mindfulness for Pain using Acceptance and Commitment Therapy (IMPACT group):** This 8 week course aims to help you live a fulfilling life with pain. We use a variety of methods to support you in making helpful changes to improve your quality of life and overall fitness so that you can do what matters to you. The course focuses on various strategies which include:
 - Finding more flexible and creative ways of living well with your pain.
 - Letting go of old habits which no longer work for you.

- Enhancing mindful awareness of your body.
- Building the five core aspects of physical fitness.
- This group is usually most helpful to people who feel ready to consider what works for them, and who are willing to explore ways of changing what doesn't.

- **2. Mindfulness Based Stress Reduction for Pain (MBSR course):** An 8-week more structured, educational teaching of mindfulness meditation in a group setting. Mindfulness is a method for managing stress and long term pain. To support your learning, home practice is required for one hour/day throughout the duration of the course.

Are there any individual rather than group sessions?

Most people find that group programmes are the most effective approach because participants can help support and learn from each other. Sometimes it may be helpful to explore how to live well with pain in individual sessions with a clinical health psychologist. This would be negotiated individually at the assessment.

What happens now?

After reading this leaflet, if you would like an initial assessment with a clinical health psychologist please phone:
01483 571122 ext 2735

This initial assessment is to help you reflect on your experience of living with pain and how