



Stress Management for Chronic Pain

Living with Chronic Pain can bring many challenges which can be stressful to navigate. This online Zoom group will focus on recognising the links between the brain, pain and stress. Topics include:

- Training the brain to reduce the severity and frequency of pain flare-ups, by paying attention in different ways to thoughts, emotions and behaviours.
- An introduction to specific skills to cope with pain and manage stress.

Please note that this group is designed to complement the support you are receiving from medical practitioners for physical pain, rather than replace it.

DATE	Every Thursday, 5th May to 7th July (10 sessions)
TIME	6:30pm-8:00pm
VENUE	Online (Zoom)
COST	\$95 (Free with referral)



FREE
WITH A DOCTOR
OR HEALTH
PROFESSIONAL'S
REFERRAL

ABOUT NICOLA DUNCAN

(B.A. Hons, Post Grad Dip CBT, MNZAC)

Nicola is a registered counsellor and has considerable experience in relationship counselling, loss, conflict, depression and anxiety. While she employs a number of modalities in her counselling practice, Nicola finds CBT in a group setting to be particularly helpful for those experiencing stress, anxiety, depression or low self-esteem.



For more information and registration, please contact
Hearts & Minds