



Mindful Embodiment for Pain

A 6-week pain coping skills program
with Clinical Psychologist Dr Rob Schütze

Do you live with persistent pain that is affecting your mood, functioning or quality of life? Then this course is for you. Based on the latest science and clinical guidelines, this 6-week group program will introduce you to the principles of active pain self-management. Medicare rebates apply.

PROGRAM DETAILS



West Perth (The Yoga Space)
or Online (Zoom)



Fridays 10.30am-12.30pm

2021 course dates:

14 May – 25 June (West Perth)
13 Aug – 17 Sept (Online)
15 Oct – 19 Nov (Online)

What Will I Learn?

SORE BUT SAFE

Understand how the brain processes pain and why pain can persist even when an injury might have healed.

TAKE THE PRESSURE DOWN

Learn how to use meditation, breathing and movement to calm your nervous system and ease the burden of distressing pain-related thoughts and feelings.

BE NICE

Develop kindness and compassion towards yourself.

BUSTING THE BOOM-BUST CYCLE

Fine tune how you approach exercise, housework and daily tasks using pacing to avoid pain flare-ups.

YOU'RE NOT ALONE

Connect with other people in pain who understand what it's like.

START NOW

Set some achievable goals and learn how staying engaged and active helps you to live beyond your pain.

COST

\$540

Medicare rebates of at least \$32.60 per session apply with a GP Mental Health Care Plan.



THE PRESENTER

Dr Rob Schütze is a Clinical Psychologist specialising in helping people living with pain and other chronic health conditions. He is a part-time research academic at Curtin University working on various pain science projects. Rob is also a senior yoga and meditation teacher registered with Yoga Australia.

Contact info@wisdomhealth.com.au for further information. Bookings Essential. Call 0472 719 168 to book & pay for your course



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