

Chronic Pain Management Program

Managing chronic pain can be a difficult task at the best of times. With added stress and increased social isolation we know that this process will be much harder for many in our community.

Our program has been shown to have an extremely positive impact on people lives and we want to make sure this option is available to our community during this time.

We are working in the background to secure funding to transfer this program from in person to online. If you are interested in taking part it would be great to register your interest so I can push for this service to be delivered to those in need in our community.

Regards

Hamish Gorman

Below is a brief outline of the steps in the program.

Step 1	The main program consists of 6 sessions, 3 hour duration. This includes exercise, relaxation, education and problem solving.
Step 2	4 weeks after the main program, you will be invited to attend a support session, 2 hour duration, where your progress will be reviewed and there will be a chance to discuss your progress with the program facilitator.
Step 3	12 weeks after the main program you will be sent a questionnaire to complete. The program facilitator may also call you to finalise the program and answer any questions you may have. Your GP will be sent a final report to help continue the support the work you have achieved in the program.

We trust you will find the program beneficial. Please contact Hamish Gorman on 0423901208 if you have any queries