

PAIN ASSOCIATION SCOTLAND

Pain Association Scotland provides professionally-lead group sessions which focus on the self-management of chronic pain.

The approach focus on the self-management approach to chronic pain and other long-term conditions. The approach is to look at ways of managing, coping, and improving the quality of life.

Introducing for 2025 – introductory sessions to supported self-management”

The Intro Sessions dates :

Wed 22nd Jan - 2-3.30pm

Tues 18th March - 10.30am -12pm

Wed 14th May - 2- 4pm

Wed 23rd July - 2-3.30pm

Thurs 11th Sept - 10.30am-12pm

Thurs 6th Nov - 2-3.30pm



The Intro Sessions will give a short friendly introduction to the self-management of chronic pain. The focus will be on understanding pain from a non medical, person centred perspective. Topics will include understanding pain, breaking the boom-bust cycle with pacing and baselines and stress awareness.

To sign up for the session click the button below.



Contact the office by
emailing

info@painassociation.com or
phone 0800 783 6059