

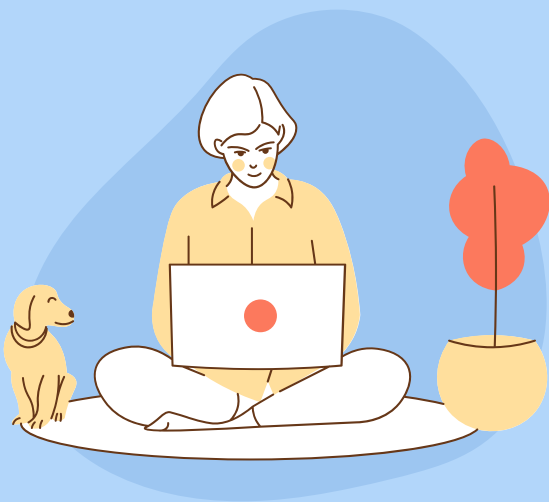
What is Chronic Pain?

Chronic - or persistent - pain is pain that lasts longer than three months. This generally means that you experience pain despite having no new damage to the tissue. Chronic pain impacts your ability to carry out your normal activities and people will often face different problems and barriers that prevent them from living their normal lifestyle.



An Online Treatment for Chronic Pain

Chronic Pain can be effectively treated with internet-delivered Cognitive Behaviour Therapy (iCBT). Just like face-to-face therapy, iCBT can teach you strategies to help you lessen the impact of pain on your wellbeing and quality of life. iCBT is also accessible from most devices, meaning that you can access treatment at a time and place that suits you.



What does the program involve?

The Chronic Pain Program by THIS WAY UP is an evidence-based iCBT program. Across eight lessons, this program will teach you:



Where Chronic Pain comes from



Goal setting and acceptance



Movement and activity scheduling



Managing mood, sleep and stress



Strategies for staying well in the long-term



We're here to support you on your journey to better mental health. Learn more about the online program for Chronic Pain at thiswayup.org.au