

# Pain Management Occupational Therapy Service

## Mindfulness Style Group Therapy Sessions

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### **Chronic Pain:**

- Chronic pain creates both physical and psychological problems that affect whether a person can engage in meaningful activities.
- Pain can decrease a person's independence, causing stress that may lead to depression.

### ***What is Occupational Therapy?***

**Occupational therapy provides support to people whose health prevents them doing the activities that matter to them.** <sup>(1)</sup>

An occupational therapist can assist you to identify strengths and difficulties you may have in everyday life, such as gaining coping strategies and developing pacing skills. <sup>(1)</sup>

### **What is Mindfulness Style Therapy?**

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.

Some people call this awareness "mindfulness". Mindfulness can help us enjoy life more and understand ourselves better. You can take steps to develop it in your own life. <sup>(2)</sup>

### **What does the programme of Mindfulness Style Group Therapy sessions involve?**

- The sessions will include discussion and education opportunities in a reassuring peer group environment.
- Mindfulness style guided therapy, meditations and relaxation techniques specific to your pain management.
- Enable you to explore self-management pain techniques within a supportive atmosphere and to learn to incorporate mindfulness style practices into daily life to relieve chronic pain and the suffering and stress that can be felt with this condition.
- Mindfulness exercises teach us how to focus on the present without distractions. Numerous studies have explored the worth of various mindfulness techniques in people with chronic illnesses. Practicing mindfulness may also help limit the disturbances that chronic pain can often pose as you try to go about your daily life.
- Chairs are provided and patients often bring along a warm blanket and any cushions to help them relax. If during meditations you prefer to lie on the floor, you can bring a mat or pillows to make your experience more comfortable.
- We ask that patients attend each of the six sessions, to gain the maximum benefit from the programme.

## Feedback from previous attending patients:

“Talking and listening about how others live with their pain”.

“It has made me know when to stop, as a result I’m taking less meds”.

“Taught me to relax and breathe more when in pain, reducing my pain and anxiety”.

**The programme may be offered as part of your Pain Management treatment. Patients of the Pain Clinic can be referred for an occupational therapy pain management assessment for group inclusion by:**

- A Pain Consultant
- A Clinical Nurse Specialist in Pain Management
- A Back Pain Service Physiotherapist
- A Spinal Surgeon

Tel: **01493 452378/453307**

## References:

1. <http://www.nhs.uk/Conditions/occupational-therapy/Pages/introduction.aspx>
2. <http://www.nhs.uk/Conditions/stress-anxiety-depression/pages/mindfulness.aspx>

## Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/ department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

### Trust Values

- Courtesy and respect
- A welcoming and positive attitude
- Polite, friendly and interested in people
- Value and respect people as individuals  
So people feel **welcome**
- Attentively kind and helpful
- Look out for dignity, privacy & humanity
- Attentive, responsive & take time to help
- Visible presence of staff to provide care  
So people feel **cared for**

- Responsive communication
- Listen to people & answer their questions
- Keep people clearly informed
- Involve people  
So people feel **in control**
- Effective and professional
- Safe, knowledgeable and reassuring
- Effective care / services from joined up teams
- Organised and timely, looking to improve  
So people feel **safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

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