



# CBT in Chronic Pain

*An online course suitable for all staff working with chronic pain*

**Tuesday 24<sup>th</sup> May 2022**

- Basic principles of CBT and how it works in chronic pain
- Where does CBT fit in relation with chronic pain?
- How taking a psychological approach can affect pain
- Understanding the relationship between thoughts, emotions & chronic pain
- Understanding the techniques used to treat chronic pain
- How to deliver CBT techniques in pain management



**TECHNIQUES TAUGHT CAN BE UNIVERSALLY APPLIED FOR ALL CHRONIC PAIN PATIENTS BUT CASES DISCUSSED WILL HAVE A HAND FOCUS**

**Course lead: Vicky Lucas**  
**Cognitive Behavioural Therapist at the Pulvertaft Hand Centre**

**Venue :** Online access via Zoom—

**Day rate £ 60.00**

*4.5hrs webinar to watch BEFORE live session and live 3hrs session via ZOOM on 24th May*

*Includes: 4.5hrs webinar to watch BEFORE the live session*

*To apply and pay online please go to:*  
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