



Managing Pain: 6-Session CBT Group for Pain

This 6-session Cognitive Behavioural Therapy (CBT) group program has been shown to be effective in helping people to manage chronic pain. Suitable for people who have been experiencing pain for 3 months or more.

Structure of the Program

1. Pain Education and Setting Goals
2. Activities and Pacing
3. Relaxation and Mindfulness
4. Cognitive Reframing
5. Pleasant Activities
6. Sleep Hygiene / Maintaining Gains

Learning Outcomes

- Learn how pain is processed in your body and brain
- Confidence in your ability to manage pain
- Do more of the things you enjoy
- Skills to help you find balance and avoid pain flare-ups
- Reframe unhelpful thoughts and reduce your fears about pain
- Create your own action plan for maintaining gains

Dr. Maisa Ziadni, Clinical Psychologist

- Postdoctoral training in pain psychology from Stanford University.
- Specialises in pain and adjustment to chronic illness.
- Stanford University's Pain Medicine Clinic.
- Co-authored over 55 peer-reviewed articles relating to developing and testing treatments for pain.
- Arabic and English speaking.



Location: Vivamus, Unit 202, Building 49, Dubai HealthCare City (Next to City Hospital).

Fee: 1,530 AED for 6 sessions. (Equates to 255 AED per hour).

To register your interest contact hello@vivamus.me or 04 4403844.

Online option also available.

