

Empowered Relief™

A 2-Hour Skills-Based Pain Relief Class



Empowered Relief® is a single-session pain class that rapidly equips people with pain management skills. Developed at Stanford University.

Research suggests that this single-session class improves the intensity of pain, the extent to which it interferes, the nature of participants' thoughts about pain, the extent to which pain bothers people, anxiety, depression, sleep and fatigue (Darnall et al., 2021).

This class is suitable for people aged 18 and over who have been experiencing pain for 3 months or more. There will be time after the class for Q&A.

- Participants will:**
- Learn about pain
 - Learn pain relief skills you can use straight away
 - Receive a relaxation audiofile
 - Develop a personal plan for pain relief

Location: Online. A link will be sent upon registration.

Fee: 650 AED

Date and Time: Thursday March 7th 6-8pm

Facilitator: Dr. Maisa Ziadni, Clinical Psychologist and Certified Empowered Relief® instructor.



Dr. Maisa Ziadni is a Clinical Psychologist and specialises in pain. She trained and worked at Stanford University's Pain Medicine Clinic for over 6 years. Dr. Maisa was involved in the research evaluating the efficacy of this 2-hour Empowered Relief® program, showing it to be equivalent to an 8-week CBT for Pain Management Course. Dr. Maisa is licensed in California, USA and with the Dubai Health Authority (DHA).

Please register by emailing hello@vivamus.me or calling 04 4403844.

