

Compassionate Mind Training may help you...

Consider a different way of managing pain

- Feel calmer
- Be less self critical
- Be more accepting of yourself and others
- Improve confidence
- Develop kindness and compassion to yourself and others
- Reduce feelings of depression and hopelessness

Contact information

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Your feedback

If you would like to know more about us, need information in a different language or format or have a concern, compliment or complaint, then please contact our PALS Team:

PALS Team
Devon Partnership NHS Trust
Wonford House, Dryden Road
Exeter EX2 5AF

Freephone: 0800 0730741
Email: dpn-tr.pals@nhs.net

You will also find useful information about our services and issues related to mental health and wellbeing on our website.

www.dpt.nhs.uk



Devon Partnership
NHS Trust

Pain Management Rehabilitation Team

Compassionate Mind Group for Persistent Pain

*A Guide for those
considering
joining a group*



What is Compassionate Mind Therapy and why is it relevant for pain management?

Persistent pain can be very difficult to manage day-to-day. This can often lead to a battle with our pain, trying to 'beat it' in order to have a normal life. We can also end up being critical of ourselves, e.g. for not being able to do what we would like, or because we fear we are letting others down.

Unfortunately, this usually has a knock on effect on how we feel. Not only can it lead us to feeling emotionally low, upset, and frustrated, but it can also increase the sensitivity of pain and therefore make symptoms worse.

This group is focused on helping you to develop an understanding of how our emotion systems work and how these impact on our bodies. The group goes on to introduce strategies and practices which we can use to improve the way we feel about ourselves and the pain.

The overall aim of a compassionate mind training group is to help people work with difficult emotions in skillful ways. Part of this may be through letting go of self-blame and shame and developing compassionate or supportive approaches to coping with pain.

What will the group be like?

We will cover four areas in the group;

1. Understanding the role of the brain in generating negative thoughts and feelings.
2. Recognising how these emotion systems might relate to our pain systems
3. Responding with skill in the face of difficult emotions
4. Relating to ourselves and others in more helpful and positive ways.

We will introduce a series of positive practices and exercises focused on developing compassionate attention, feeling, thinking and behaviour. We will be asking you to practice the skills between sessions and to let us know how you get on.

It is also very helpful if people feel able to contribute to the group by giving current examples of their own lives relating to compassion.

There is no expectation to disclose personal information unless they decide to do so.

Why come to the group?

Many people who have attended Compassionate Mind Groups such as this one have found it supportive, informative and helpful. With practice they are better able to understand and manage their feelings. These skills can be really helpful when trying to live with persistent physical pain.

People often find compassionate mind strategies help them to relax and reduce their distress.

If you would like to read more about this approach, the following website may be helpful:

www.compassionatemind.co.uk

How long will the group last for?

The group covers 12 sessions lasting for 2 hours with a short tea break. We encourage you to practice with some of the ideas and strategies between sessions.