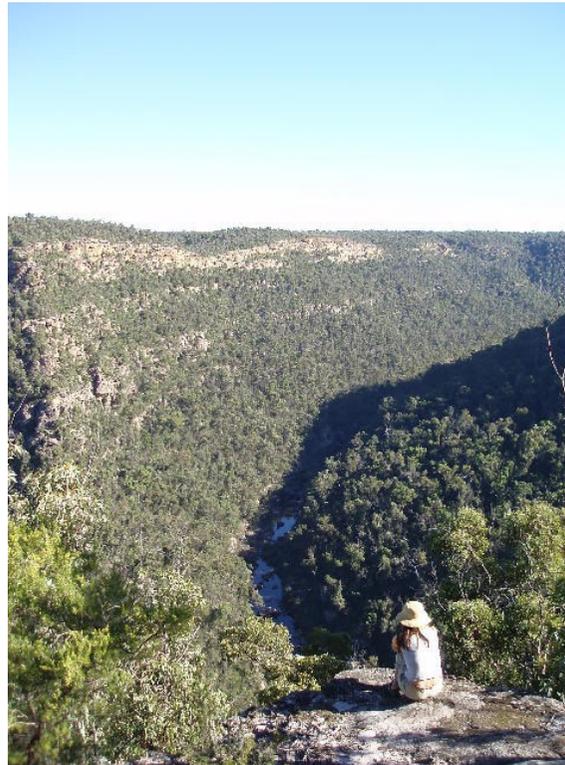


What can I do while I wait?

The following are some things you can start doing now which can help you in managing your pain condition:

- Visit our website and watch our videos <http://www.bodyreprogramming.org>
- Reading online or at your local library about Mindfulness
- Read about pacing and set small goals to pace your activity levels through the day

We look forward to welcoming you on the Body Reprogramming course!



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Appointments: (01752) 437 706

Plymouth Hospitals **NHS**
NHS Trust

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NHS Trust

The Body Reprogramming Course



A weekly group of 8 sessions for people who have been diagnosed with central sensitivity syndrome or fibromyalgia

What is Body Reprogramming?

Body reprogramming is a Psychologist led Pain Management Group that runs over a period of eight weeks with each session lasting two and a half hours.

The course aims to help you understand Fibromyalgia and your symptoms using a new framework–
The Hyland Model.

The Hyland Model teaches a new way of thinking about Fibromyalgia and Central Sensitisation, looking at symptoms in terms of lifestyle management.

What will it involve?

- The course involves learning about the body and pain.
- Developing skills to teach the body that movement is safe and the world is a good and safe place.
- Learning how to handle difficult thoughts, feelings and painful experiences more effectively.
- Learning how to cope with symptoms in a compassionate way
- Experiencing different relaxation methods
- Exploring gentle movement

The Body Reprogramming course also introduces you to Mindfulness skills.

What is Mindfulness?

Mindfulness is a state of awareness, focus and openness which allows you to engage fully in what you are doing at any moment.

Practicing Mindfulness can help you to start to feel less stressed by your pain and feel more at peace again in your own body.

In addition to Mindfulness, the group programme also has a strong emphasis on goal setting in line with values that you identify as personally important to you.

The group will support you to move forwards with your life, alongside your long term condition.