

THERAPY GROUP



Do you struggle with anxiety or low mood, alongside persistent physical pain?



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MANAGING MOOD AND PAIN GROUP



**TURNING POINT
TALKING THERAPIES**

**TURNING
POINT**
inspired by possibility





MANAGING MOOD AND PAIN GROUP

Living with persistent physical pain can lead to anxiety and low mood due to significant life changes. This course will help you understand the link between pain and mental health, focusing on practical strategies to improve your well-being.

The course incorporates principles of Cognitive Behavioural Therapy (CBT), an evidence-based approach to enhancing mental health by altering thought patterns, emotions, and behaviours. It is particularly suited for individuals experiencing mild to moderate symptoms of anxiety, depression, alongside persistent physical pain.

What to expect in the sessions

Over 12 sessions, you will take part in a structured programme based on Cognitive Behavioural Therapy (CBT) for people living with persistent physical pain and its impact on mood and daily life.

Sessions include guided group discussions and brief teaching from experienced facilitators, all aimed at helping you understand how CBT can support you to live well alongside ongoing pain.

You will learn practical strategies to manage distress, challenge unhelpful thinking patterns, and build confidence in coping with pain. You are welcome to share as much or as little as you feel comfortable - listening is just as important as speaking.

The group is offered in a safe and supportive environment. While regular attendance is encouraged to help you get the most from the programme, it's okay to take time to settle in and engage at your own pace.

The focus is on understanding and managing current challenges, rather than delving into past events. Participants will learn practical tools to enhance their well-being both now and in the future.

Session content

The group sessions follow an evidence-based programme of CBT interventions designed to help you:

- Better understand the connection between pain, thoughts, emotions, and behaviours
- Develop effective ways of managing pain and distress
- Build confidence in your ability to cope
- Improve overall wellbeing and quality of life

Who will benefit

This group is for people who are living with persistent pain and would like support in managing its impact. It may be helpful if you are experiencing:

- Low mood or anxiety linked to pain
- Frustration, stress, or feelings of being overwhelmed
- Difficulties with activity levels, sleep, or motivation
- Unhelpful thinking patterns about pain or your abilities