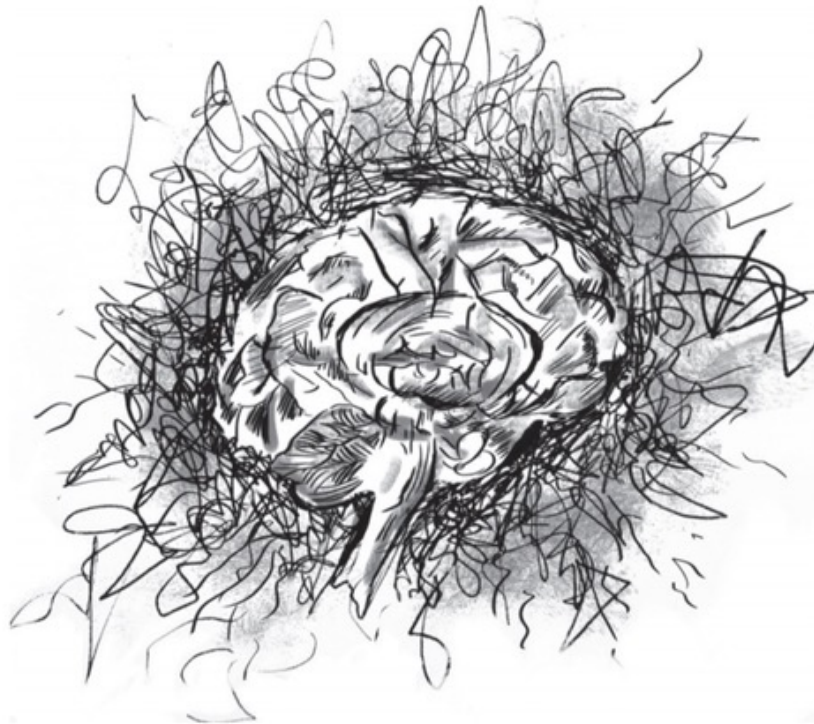


ACT for Chronic Pain

An introductory workshop for health professionals with John Moffat

Monday, 16 November 2020, Wellington

Chronic pain affects one in five people and is notoriously hard to treat. Evidence supports the use of non-pharmacological methods to improve participation in daily activities and enhance the quality of life. Acceptance and Commitment Therapy (ACT) is effective in helping pain sufferers develop self-management behaviours guided by the values important to them. This workshop equips health professionals with the knowledge and skills to integrate ACT into their clinical practice, and to improve outcomes for chronic pain sufferers.



For more information, contact training@actwellington.co.nz

Bookings at <https://www.eventbrite.co.nz/e/acceptance-and-commitment-therapy-for-chronic-pain-disorders-tickets-73773469433>