



COGNITIVE BEHAVIOURAL THERAPY

What is Chronic Pain?

Chronic pain is defined as pain that persists for more than 3 months despite medication or treatment.

Do you find that because of pain:

Your activity level has declined? That you cannot do as much as before?

Your mood has changed- feeling either sad, hopeless or anxious?

You no longer enjoy socialising with friends or family?

Your pain medications are no longer helping?

SGH Chronic Pain Programme can help you.

This programme has principles adapted from cognitive behavioural therapy (CBT). It can help you understand how emotions and behavior affect your pain experience. How **you** are important in managing your own pain by learning:

- Healthy thinking habits
- Coping strategies
- Relaxation techniques
- Activity planning
- Exercises to increase physical strength, endurance and flexibility

The programme aims to assist you in living your best life **despite** your pain. Consider this if you are keen to **actively** participate in regaining your function and activities that are meaningful to you. Numerous research has shown that programmes like this are most successful in helping patients overcome their pain.

Interested?

Discuss with your pain physician or approach our nurses at the pain centre.

You will be assessed by a team to determine your suitability to the programme. You will be notified by phone within 1 month.

Medical leave may be provided by our doctors if it is deemed necessary for you to attend the programme.

Financial assistance can be provided if conditions are met.



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Details of the programme

There are 6 sessions conducted over a period of 8 weeks.

First four sessions are weekly from 13:30-17:00, last 2 sessions are once every 2 weeks.