



MINDFULNESS MEANS being aware of ourselves, in the present moment, on purpose and non-judgmentally. When applied to experiences of pain, Mindfulness skills help us notice the thoughts, feelings and sensations that contribute to pain, without judging them, and in ways that can bring some comfort and understanding to the ways our bodies' systems try to protect us from harm. When we practice mindfulness practices for pain regularly, we are better able to live more peacefully, even with pain.

FROM PAIN TO PEACE is an 8-week evidence-informed course is for those living with persistent pain. It integrates the latest pain science, specially developed mindfulness practices, and a group format so that you can learn about your body (including your brain) and your pain through being with others that share something similar. This course gives you the opportunity to try out gentle practices for your body and mind that can become ways for you to manage your experiences of pain with more peace, and more choice.

This course has been developed by **Dr Adele Stewart**, a GP and Chair RACGP Pain Management Specific Interest Group (adelestewartmbi.com). The course was developed from the evidence-based Stress Reduction course (MBSR) that has been researched for over 40 years, with consistent outcomes for effectively reducing symptoms and recurrence of stress, anxiety and depression. The course is being taught in Tasmania by Dr Tracy Spencer, psychologist and Director of Mindfulness Programs Australasia. The course is also supported by a Peer Worker, who has lived experience of pain, like you. You, and your pain, are in good hands as you undertake this course.



THESE COURSES ARE AVAILABLE FREE for adults living in Tasmania. They suit people who can tolerate a group environment, and who are experiencing discomfort and distress in relation to their persistent pain. Course are delivered face to face and online. Courses are NOT suitable for those currently in crisis. If this is you, talk to your GP about 1:1 counselling until you are in the position to be able to attend a course.

This is NOT group therapy where you "tell your story" and go over your history and events in your life. Our courses are educational – we learn information and practice skills together to make a difference with how we are right now.



APPLICATIONS ARE ESSENTIAL and can be made directly by you, online through our website or by phone. You can apply for a specific course or if there is not one that suits yet, select the 'waitlist' option and we'll contact you when one is available.



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MPA programs are fully funded, so therefore FREE for people who meet the eligibility requirements. Our programs are supported by Primary Health Tasmania under the Australian Government's Primary Health Network program.