

LIVING WELL WITH A CHRONIC HEALTH CONDITION

The Third Wave Psychologist is very pleased to host a 4-session online workshop dedicated to teaching self-management skills for common chronic health conditions. Conditions & symptoms include, but are not restricted to, chronic pain, chronic fatigue, respiratory conditions, neurological conditions and fibromyalgia. Facilitated by a clinical psychologist, the workshop explores the common symptoms of these conditions, the impact of these symptoms on daily life & evidence-based self-management skills.

Topics include:

Understanding the human body & mind

Developing self-management skills

Developing wellbeing & relaxation skills

What to Expect?

The workshops are run as an online educational class, with teaching & skills building components. There is no pressure for attendees to speak or share their personal thoughts, feelings or experiences, however they are welcome to do so should they feel comfortable.

COURSE DETAILS

The workshop is run online regularly throughout the year

The duration of the workshop is 2 hours, once a week, for 4 weeks

Workshop Fee: £160

For more information or to register your interest in attending the next online course please email your name & contact details to:

thirdwavepsychologist@outlook.com



www.thirdwavepsychologist.co.uk/wellbeing-workshops