

# With You, For You: A Journey to Living Life Beyond Pain

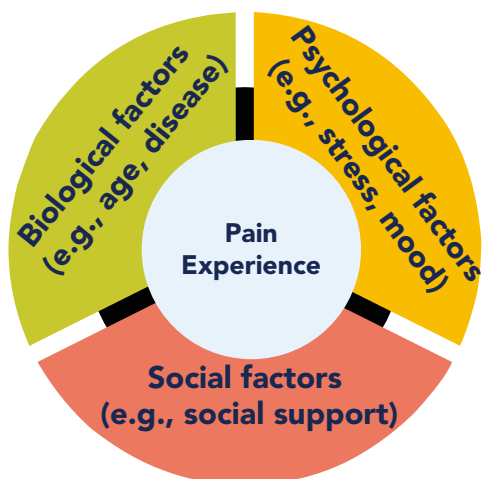


## Pain Psychology Service

We understand that living with pain can be challenging, impacting both your physical and emotional well-being. Our dedicated team is here to journey with you in navigating and managing the complexities of your pain condition.

### The Role of Psychology in Pain Management: The Biopsychosocial Model

Pain psychology considers the interaction between biological, psychological and social factors in understanding pain:



This model allows for a more comprehensive and personalised approach in better managing your pain experiences.

### When to see a Psychologist?

Are your activity levels significantly reduced? Do you face fear on movement?

Are you constantly thinking/worried about how pain may affect your life in the longer term?

Is your mood affected? Do you prefer to isolate and withdraw yourself from family and friends?

If you answered yes to at least one of the statements above, consider seeking consult from a pain psychologist.

**“The strength you gain from managing your pain will be lasting. Keep moving forward, for every step is a victory in itself.”**

## What to Expect When You See a Psychologist?

- Develop an increased awareness of how your mind and body interact in response to pain.
- Understand which biological, psychological and social factors contribute to your pain experience.
- Learn to use targeted strategies that are more effective to attend to pain.
- Return to a more active lifestyle.
- Restore general health and wellness towards the self-management of pain.

## Helpful Coping Strategies

<b>P</b>	<b>Pace activities</b>	
<b>A<sup>2</sup></b>	<b>Active movements/exercises</b> <b>Adopt a healthy diet</b>	
<b>C</b>	<b>Cultivate helpful thinking patterns</b>	
<b>I</b>	<b>Involve yourself in recreational and social activities</b>	
<b>N</b>	<b>Nurture good ergonomic practices (i.e. stand/sit in a comfortable position) without straining your body</b>	
<b>G<sup>2</sup></b>	<b>Good adherence to recommended pain medication</b> <b>Good sleep quality</b>	

\*Kindly consult your psychologist for a personalised treatment plan.

*Mr. Tan, 48, sought pain psychology service for his chronic back pain which had worsened due to life stressors. Over time, he has learned to identify triggers of his pain. Personalised strategies also helped him regain control of his life, allowing engagement in meaningful activities despite his ongoing discomfort.*



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