


# Pathway through Pain

A FREE online course for living with persistent pain



The screenshot shows the website interface for 'Pathway through Pain'. At the top, there is a navigation bar with links for Home, About, Login, and Contact. Below this is a secondary navigation bar with icons for Features, Testimonials, Results, Medical, and Get Access. The main content area is divided into two columns. The left column has a heading 'Pathway through Pain' and a sub-heading 'An online course for living with persistent pain'. It contains two paragraphs of text describing the course and a call-to-action 'SEE FEATURES OF ONLINE COURSE' with a lightbulb icon. Below this is a banner for 'Self Care Week' with the NHS logo and the text 'Learning to live well!'. The right column has a heading 'SEE INSIDE THE COURSE' and a sub-heading 'Assessment of Pain Condition'. It features a screenshot of the course interface and a 'Start the Course' section with the text 'TOTAL COST: FREE' and a 'Get Access' button.

This course is for anyone suffering with chronic pain, who needs to reduce the impact of the pain, enhance self-care and improve their health and wellbeing.

The online course lets you try 24 steps that can enable you to manage chronic pain better. Each step involves video instruction, on-screen interaction, supporting emails and things to try in your daily life

You can follow the online course at your own pace, but the optimum time for completion is two months. During this time, you get to try many different approaches to managing pain and discover which ones help you most in your daily life.

The course features:

- An easy-to-follow online course you can follow at a pace that suits you.
- 24 online sessions led on video by a team of experts in pain management.
- 7 course handouts to download or print out.
- 6 guided meditation and relaxation audio downloads.
- Self Assessment of your pain condition.
- Assignments to practise in your daily life, with supporting emails.
- Ongoing tracking of your progress.

It's simple to complete with step by step instructions throughout.

**For further information, please visit:**

<http://www.pathwaythroughpain.com/angus>

**To book your place, call the Primary Care Team on:**  
(01307) 474889 or email [achptraining.tayside@nhs.net](mailto:achptraining.tayside@nhs.net)