

A Coaching Approach to Chronic Pain that works for everyone.



2 x Half-Days (via Zoom)

Introduction

At Peak Health Coaching we first learnt to use health coaching in our roles as GPs with special interest in pain management. We have over 10 years of collective experience working in the pain clinic, and much more supporting people living with pain, in primary care alongside health coaches. We learnt first-hand how important coaching approaches are to supporting people to self-manage their chronic pain. People that understand their condition and learn to take control, do best. This course brings all that experience to focus on how prescribing clinicians, health coaches and other non-prescribers, can work in partnership with patients to achieve great outcomes.

Objectives of the Programme and what to expect.

Participants in this programme will learn how to apply a new approach to chronic pain management as individuals and as a team. We offer a first half-day for all health care professionals, followed by different follow-on half-days depending on roles. This enables all practitioners to maximise their impact, using their skill set and, where possible, work with others in a co-ordinated and collaborative way. Our experience shows this approach is both effective and satisfying for staff and patients. We help transform a distressing and debilitating condition, into one of hope and recovery.

“Really insightful training and brilliant to learn from other practitioners.”

“Excellent thorough and informative training”

Pain Training Testimonials

“...truly empowering approach to coaching which is refreshing!”



PEAK HEALTH
COACHING

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Programme details...



Session 1: Multi-Professional (HALF-DAY) (aimed at everyone)

- **Understand how a coaching mindset and practice transforms chronic pain management.**
- **Learn modern explanations of chronic pain, and how to help people understand it.**
- **Appreciate the limitations of medication and the value of alternatives**
- **Develop confidence in engaging with patients and explaining new concepts.**

Session 2: Prescribers/HCPs (HALF-DAY) (aimed at GPs, Physios, OT's, Pharmacists, ANPs...)

- **Introduction to a coaching approach.**
- **Deep dive into effective prescribing strategies- how to maximise benefits without overuse.**
- **Focus on deprescribing well and promoting non-medication alternatives.**
- **Appreciate how to make best use of the wider MDT.**

OR

Session 2: Health Coaches and other non-prescribers (HALF-DAY)

- **Gain confidence in how health coaches can support non-medication approaches to pain management**
- **Practice tailoring support to different levels of patient activation.**

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Get in touch for more information
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