



Wanaka community pain management program

For non-injury related persistent pain

Andrew has volunteered to assist locals who experience persistent pain (more than 3 months) to participate in a pain management program for people not eligible for ACC funded services e.g. pain related to stroke, cancer, autoimmune diseases, arthritis etc. Self-referral and GP referrals accepted.

The service requests a donation to cover room charges and patient resources as needed. Therapy sessions will be held at the Wanaka community Hub on MacDougal Street.

Andrew has 25 years' experience as occupational therapist working in pain management and has recently completed a post graduate qualification in Pain Management at Otago University. He lives in Wanaka with wife and 3 teenagers.



Program content

- Referral and liaison with your GP and practice nurse
- Initial assessment, person centred goal planning and outcome measures
- Education on the cycle and neurobiology of pain
- Relapse prevention and flare-up planning
- Activity pacing and pleasant activity scheduling
- Learn distraction techniques and distress tolerance skills
- Mindfulness-based stress reduction and progressive relaxation exercises
- Cognitive restructuring - notice, identify, and challenge negative, pain-related thoughts
- Emotional support to address how relationships, jobs, and lifestyles are impacted by chronic pain.

To find out if this program is right for you, please contact Andrew Thompson for confidential discussion.

Mobile 0223184567 or email, communitypainmanagement@gmail.com