

2ndPulvertaft

Introduction to Working with Chronic Pain in Hands using Cognitive Behavioural Therapy Techniques



Saturday 10th October 2020

A 1 day online course suitable for all staff working with chronic pain

- Basic principles of CBT and how it works in chronic pain in hands
- Where does CBT fit in relation with chronic pain in hands?
- Understanding the techniques used to treat chronic pain in hands
- How to use CBT techniques in daily practise in hands

Course lead: Vicky Lucas

Cognitive Behavioural Therapist at the Pulvertaft Hand Centre

Day rate £ 60.00

Venue : Online access via Zoom

Includes: 3.5hrs webinar to watch and live 3hrs session via Zoom on 10th October



To apply and pay online please go to:

www.pulvertafthandcentre.org.uk



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