

# Ten Footsteps Training Programme

*Training for social prescribers and clinicians in supporting pain self management*

Delivered by the *Live Well with Pain* team including clinical psychologists, pain management physiotherapists and people with lived experience of persistent pain, the *Ten Footsteps Training Programme* is designed to develop participants' confidence in guiding people with pain to self manage their pain. Programme participants will:

- Gain an increased knowledge and skills valued by people with pain and learn about tools and resources to enable pain self-management.
- Increase their knowledge of the recent neuroscience of pain and explore effective ways of enabling people with pain to understand why pain persists.
- Develop skills in using key tools that enable people with pain to understand its impact on their lives and ways to shift conversations to a self-care approach.
- Explore the role of acceptance in self management and ways of guiding people to move their life journey forward, with key tools for people who are 'stuck'.
- Use the *Live Well with Pain* Health Check Tool to engage people with pain in identifying their own priorities for change.
- Explore and use techniques for developing key self-care skills, such as goal setting, pacing, managing setbacks and becoming more active.
- Understand the role of relaxation and mindfulness, and how to support people with pain to find trusted resources in this area.
- Learn key messages about sleep and pain, and explore ways of guiding people with pain to access a range of useful resources and services.
- Understand the impact of pain on moods and explore useful trusted resources.
- Learn ways of guiding and measuring progress and ways to develop people's skills in managing setbacks, with focused setback plans.

## About the course

**The training is for clinicians or social prescribers, including pharmacists, working with people with chronic pain. All training is online, delivered in three four hour sessions over six to eight week period**

We recommend spreading the sessions over a period of several weeks so that participants can practice implementing and reviewing their skills in everyday work situations between sessions. Activities will be set for participants to complete between each session.

Time is allocated within sessions for problem solving and case history support, to increase confidence in supporting pain self-management.

Pre-course preparation will consist of brief reading and video-related tasks.

Self assessment of knowledge and skills, both before and after the course, will be undertaken to enable participants to identify their learning objectives and outcomes.

## About the training team

**Live Well with Pain has been delivering self management training for over 15 years around the NHS throughout the UK including Northern Ireland.**

The course is overseen by Dr Frances Cole, supported by a team of clinicians with extensive backgrounds in pain, long term conditions and their management, including clinical psychologists and pain management physiotherapists.

### A co-production

The trainers are joined by Lived Experience Trainers whose experience of living with persistent pain brings unique insights and perspectives to the course.

## Find out more

**To find out more about what Ten Footsteps Training Programme can offer you and your team, please get in touch for an informal conversation.**

Contact Dr Laura Hissey and *Live Well with Pain* team: [training@livewellwithpain.co.uk](mailto:training@livewellwithpain.co.uk)

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The Ten Footsteps Training Programme has been developed jointly with Durham University's Wolfson Research Institute for Health and Wellbeing. It is accredited by The Personalised Care Institute.

The course is built around the respected *Ten Footsteps to Living Well with Pain* programme, *Live Well with Pain's* online resource for clinicians and people living with pain. Find out more at: [livewellwithpain.co.uk](http://livewellwithpain.co.uk)

