

## New Approach

The *Performing Beyond Your Pain* program is based on Acceptance and Commitment Therapy (ACT) - one of the most promising and fastest growing psychology therapies in use today. This program breaks with conventional notions of pain management, and its approach to living with pain is unlike any you've seen before.

## Six-Step

Use the six-step *Performing Beyond Your Pain* program to...

- \* Discover why painkillers are not the answer
- \* Clarify what you value and how you want to live your life
- \* Stop your thoughts from holding you back
- \* Develop psychological skills to keep pain in perspective
- \* Commit to actions that lead to a richer, more fulfilling life

# Performing Beyond Your Pain

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**Have You Suffered  
Enough?  
Then This Is The  
Program For You!**

# Performing Beyond Your Pain

Let me say at the outset, that this program won't take your pain away, if that were possible, the medical experts would have already done that. So if you want something to take away your pain, then this program is NOT for you. Instead, this program is about breaking through your pain and helping you live the rich, full and meaningful life that you desperately desire.

## Pain Is Simply An Experience

*Performing Beyond Your Pain* helps you recognise pain as an event in your life that doesn't need to interfere with the way you live. In fact, research shows that attempts to avoid pain often cause more harm than good, both to your body and your peace of mind. By learning to live with pain, you can limit the control it exerts over your life.

The exercises in *Performing Beyond Your Pain* can help you transform pain from a life-defining preoccupation to a simple experience. From this strong position, you can make choices that will lead you to the life you've always wanted.

