



Understand Pain

Knowledge, skills and know-how to manage & overcome pain

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[specialist pain physio](#)

[understand pain](#)

The workshop

The UP workshop is for you if you suffer chronic pain, you are motivated to pursue a purpose, you want to focus upon building wellness and have a desire to lead a fulfilling life.

Getting the best of you

Over the past 10 years there has been an explosion of knowledge about pain. Scientists, philosophers, clinicians, historians and others have contributed to the advancement of our understanding. This is very exciting and provides huge hope for the millions of pain sufferers across the globe. However, the pinnacle of this knowledge remains distant from day to day practices across the globe.

Understand Pain is a purpose-led enterprise delivering the latest knowledge, skills and know-how to the people most in need across the globe.

What will you do?

The Understand Pain Workshop is your MAP onwards:

Mastery

Autonomy

Purpose

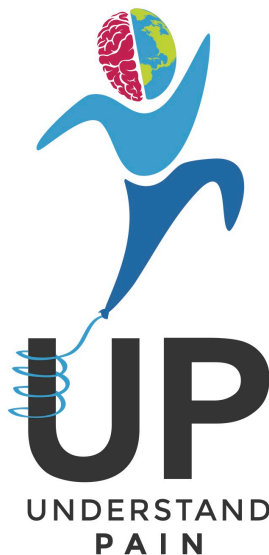
Using these principles, we clarify what pain *really is* according to the latest scientific understanding, before discovering a range of tools and practices you can use to manage and overcome pain.

Based on The Pain Coach Programme, this is about you being at your best to pursue your purpose using your strengths and successful styles that we will establish at the outset. These are unique to you, and are the means to achieving wins, facing life's challenges and moving onwards towards a desired, positive outcome of your choosing.

In an inspiring environment within the group, you will experience practices that you can immediately implement and integrate into your life. As you will see and feel, this is about you living your life as a means to building wellness, performing your roles in life in the best way, engaging with activities in which you are in flow, and committing to an approach to life that achieves results.

Approximate workshop length: 2.5 hrs

Mastery • Autonomy • Purpose



Striving for a 'state of lasting well-being, free from mental blindness and afflictive emotions...seeing the world as it is, without veils or distortions... the joy of moving toward inner freedom and loving-kindness that radiates toward others'
Matthieu Ricard on *Sukha*

Pain Coach & Facilitator

The UP Workshop has been written and designed by Richmond Stace who devised The Pain Coach Programme. Understand Pain is a purpose-led enterprise was co-founded by Richmond and Georgie Standage, a patient suffering CRPS.

When Richmond delivers a Pain Coach Workshop to professionals, he does this together with a free local UP workshop for people in pain as part of the Understand Pain project to drive social change towards a world with less suffering.