Patient Information Sheet - Space from Chronic Pain

Space from Chronic Pain – Modules

Welcome to SilverCloud- This short module introduces you to the programme. We know that thoughts and feelings can affect pain levels. The following are designed to help with anxiety or depression which are very common with long-term pain.

Getting Started - This module shows you the basics of Cognitive Behavioural Therapy (or CBT) for chronic pain, and introduces some of the key ideas of the programme

Understanding Feelings - This module takes a closer look at moods and emotions. In this module you can explore different aspects of emotions, physical reactions, action and inaction, and see how they are all connected.

Boosting Behaviour - This module looks at how doing things a little differently can be a really great way to start to lift your mood.

Spotting Thoughts - This module looks at the impact of unhelpful automatic thinking on your mood. It also helps you to tune in to your thoughts and to recognise any common thinking errors.

Challenging Thoughts - This module takes the next step in helping you tackle distorted or overly negative thinking patterns which can impact your mood.

Managing Worry - This module introduces you to the role of worry in anxiety. You will learn how to cope with and manage your worry more effectively.

Anxiety & Your Health - In this module, you can explore the unhelpful behaviours that are common in health anxiety and learn to identify and manage these behaviours.

Core Beliefs - This module shows the role that deeply-held core beliefs can play in mood.

Bringing It All Together - In this final module you can bring together all the skills you have learned, and the ideas you have gathered so far.

Additional Modules

Challenging Times – The scale of the COVID-19 crisis is disrupting our personal and working lives. This module aims to support you in finding helpful ways to cope and adjust to these extraordinary circumstances.

My Self-Esteem and I - This module is about an often ignored relationship: the one we have with ourselves. This involves our beliefs about ourselves and how we tend to act towards ourselves.

Sleep Difficulties - This module takes a closer look at sleep and helps you to understand your difficulties with sleep.

Relaxation - This module introduces you to some relaxation techniques that you can use in your day-to-day life.

Employment Support - This module takes a look at some of the difficulties you may encounter in work, or when returning to work after a period of unemployment.

Behavioural Experiments - In this module, you will learn how to test your negative thoughts and predictions.

Anger Management - This module will help you to gain a better understanding of your anger. You will learn to how to manage your anger more effectively.

Communication & Relationships - This module focuses on the way we communicate and relate to people in our lives. It looks at what we can do to make our relationships satisfying.

Grief & Loss - This module explores the experience of loss and helps you to understand your own unique grieving process.