



# Pain Management Services

## Validium Clinical Services for Referrers

Pain Management can help Clients with pain to:

- Learn new ways to control their pain, rather than pain being in control of them
- Increase participation in self care, home and leisure activities
- Keep their jobs or return to work
- Work towards their personal goals
- Reduce reliance on medication
- Understand how pain affects you and, where relevant, your family, friends and employer
- Reduce the number of visits to healthcare professionals

## Pain Management Programmes (PMPs)

Validium Management Residential PMPs use the Five Factor Model to address cognitive, emotional, behavioural and physical responses to pain as experienced by the individual in their particular home, work and leisure situation. The programme meets British Pain Society guidelines, is based on Cognitive Behavioural Therapy (CBT) principles and has an ethos of self management. It is delivered by a multidisciplinary team working in an interdisciplinary manner.

Assessment involves a detailed history and discussion of the way pain impacts on the individual, as well as administration of our outcome questionnaire pack.



*Not only do Validium Pain Management provide us with an excellent professional service, they also give a personal service to our clients of the highest quality.*



## Group sessions include:

- What is pain and pain management
- Acceptance
- Understanding and managing thoughts and feelings
- Goal setting
- Body dynamics, stretch and exercise
- Mindfulness meditation
- Managing activities and pacing
- Managing medication, stress, sleep and setbacks
- Employers' and carers' needs

Validium Pain Management are unique in offering support both before and after the residential stage. The nature of ongoing support is determined at the assessment stage, negotiated through the group session stage by the key worker and enacted over the subsequent months. For further information please visit [validium.com](http://validium.com)

## Pain Education Programmes (PEPs)

Our PEPs are provided for Clients who do not require or are unable to access our PMPs. The assessment process follows that of a PMP, then an individual treatment plan is put into place. These programmes are generally led by one practitioner. Other disciplines are brought in, if required.

Programmes are delivered in the client's home, supported by telephone and email work and, if required, by sessions in the workplace.

Treatment is based upon CBT principles, the materials and resources of the group PMP and is goal orientated and non interventional.

### Brief Intervention Programmes

Clinical consultations for Clients experiencing pain, due to an acute episode or an ongoing chronic condition. These consultations generally focus on one or two modalities of treatment and are delivered by a single practitioner. Please see [validium.com](http://validium.com) for a list of treatments.

### Referral Pathway

To refer a client to us please complete a referral form and a case file will be opened. We then ask you to forward all reports on your client and we will liaise to confirm your requirements. An assessment of your client will take place and a report with our recommendations will be sent to you.

### Working with Clients to Reduce the Impact of Pain

Our Team provides pain management and rehabilitation services to a wide range of customers. Validium's core values of quality, service, value and integrity underpin everything we do.

Our Organisation combines clinical expertise, case management, HR and educational excellence.

Our Programmes are supported by sound evidence and national guidelines.

“  
Validium Pain Management  
is recommended for a  
client's recovery from injury.  
Validium's holistic,  
integrated approach to pain  
is thorough, individualised  
and goal oriented.”



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