



Managing Persistent Pelvic Pain Group

Timing: Groups are usually run on a fortnightly basis on a Wednesday afternoon.

Location: Pain Management Service, Astley Ainslie Hospital, 133 Grange Loan, Edinburgh, EH9 2HL

What is Persistent Pelvic Pain?

Pelvic pain has been estimated to affect 1 in 6 women. It is associated with a number of conditions, with endometriosis being the most common, but sometimes no cause is found.

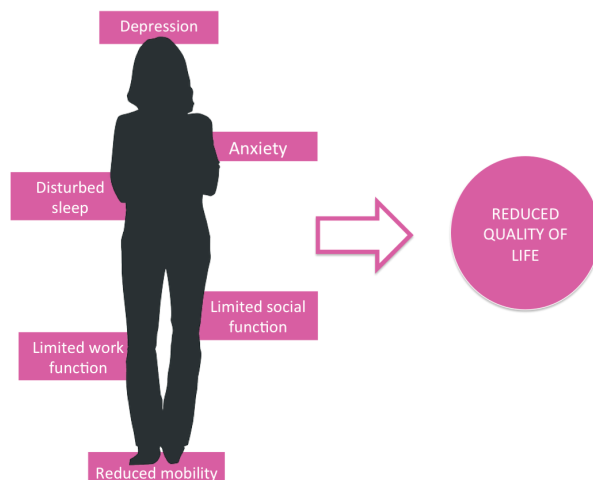
Persistent pain is pain that continues for more than three months.

What is the Managing Persistent Pelvic Pain Group?

The Managing Persistent Pelvic Pain Group is a six-session group treatment which uses education and practice sessions to help women with persistent pelvic pain to manage their pain and everyday activities better.

Pain is known to significantly reduce quality of life. It can be disabling and frustrating, and can affect your relationships. The group is run by Clinical Psychology.

Clinical Psychologists work with people with a wide range of physical health problems to cope with the emotional consequences of these difficulties, and to improve their quality of life. The fact that a psychologist is meeting you does not mean that we think that the pain is not real or that it is “in your head”.



Pain is complex and can affect people in lots of different ways, not just physically.

What will I do in the group?

Whilst attending the group, you will develop skills to help you deal with and manage your pain.

These skills include:

- learning about the science of persistent pain
- how to avoid overdoing activity and increasing your pain
- relaxation and stress management
- learning things others have found helpful in managing relationships

For more information, please see www.expectedinburgh.co.uk