



Brain Changer is a 'plasticity' oriented recovery program based on contemporary science for people with chronic musculoskeletal pain.

Trained health professionals deliver an interactive, 12 week re-adaptive program using practical techniques via telemedicine and a digital self-management platform on phone, tablet or laptop.

## Make a Referral

Use the form on the website

[brainchanger.io/refer-a-patient/](https://brainchanger.io/refer-a-patient/)

## Program Features

- A standardised pain education curriculum supported by user friendly digital tools that enables people to alter their daily routines progressively for optimal recovery.
- An individualised approach which includes mindfulness, physical activity, stress management, goal setting and flare up planning.
- Coaching support throughout, aiming ultimately for long term self-management
- A strong alignment with medication reduction and return to work programs.

## Further Information

CALL: 0468870967 (Tina)

EMAIL: [info@brainchanger.io](mailto:info@brainchanger.io)

VISIT THE WEBSITE: [www.brainchanger.io](http://www.brainchanger.io)

## Exclusions

Those unable to communicate in English

Those who decline participation

Those unwilling to use digital tools and to communicate via email

Those with limited life expectancy or rapidly deteriorating diseases

Those with psychosis or major cognitive impairment

