



## We're focussed on your pain recovery, not pain management

Pain that persists is caused by more than just the part of your body that hurts. Your brain and nervous system play a big part, but even that is not the full story!

**Persisting pain affects your WHOLE LIFE and the key to recovery is a science-based, whole life approach that puts you back in charge.**

Success needs the right team, the right tools AND goals aligned to the things that matter to you.

Brain Changer brings all these elements together in a practical and personalised 12 week recovery program to get you on the road to recovery.

**“It’s one thing to read about the science, but what a joy to experience it!”**

**– Jess**

## Program Features



Work with a specialist pain coach (registered health professional) to understand pain and apply a modern scientific approach to pain treatment.



Weekly Coaching sessions over 12 weeks via easy video conference from the comfort of your home, work or wherever suits you.



Daily science-based activities using our app to help you change pain and reach your work and life goals.



Bite sized homework tasks as a springboard for discussion and problem-solving with your Coach.



See and share your progress through our app.



Reports at 6 weeks and 12 weeks show all your hard work and are signed off on by you before they are shared with anyone else.



## We believe in pain recovery, not pain management

“My chronic pain scores are now 4-5 out of 10 compared to 7-8 out of 10 when I started doing Brain Changer. I’ve managed to cut my opioid medications down by a third since January! I’ve started having long periods of almost no pain and can recover quickly from flare ups which are also lower than before.” **Jacqui**



**What will  
your story  
be?**

“In just over three months I am having pain free days. I have increased my activity incredibly, my brain is clearer, I am able to keep track of more and have managed to reduce my as needed medications. In such a short amount of time I am actually starting to plan for a life that can have options, where I can do whatever I dream.” **Gabby**

### What next?

If you're ready to take the first steps into an intensive pain recovery program, you can start thinking about the changes you'd like to get from completing the Brain Changer program. We can't wait to find out what's important to you and what goals you'd like to work towards!

We will contact you within the next business day of receiving a referral from your Case Manager or Rehabilitation Co-ordinator to get the process started.

### Further Information

CALL: 0468870967 (Tina)

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

