



# Online First Responders and Veterans Mindfulness-Based Chronic Pain Management (MBCPM™) Course

Facilitators: **Dr. Jackie Gardner-Nix and Gord Lee**  
Trauma-Sensitive - Trauma-Informed

- Course dates:** November 2 to December 14, 2020 (13 sessions)  
Mondays and Thursdays, 10:00 am – 12:30 pm EDT
- Access:** Online via Zoom
- Referrals:** Health care provider fax [NNC Referral Form](#) to 1-866-217-0746  
Contact [team@neuronovacentre.com](mailto:team@neuronovacentre.com)
- Fee:** Ontario residents are covered by OHIP  
*Course materials are not covered – approximately \$80 - \$90, plus shipping*

Run by a physician and a “lived experience” veteran, this is a course where first responders and veterans learn the principles of mindfulness meditation and how the practice may reduce symptoms of pain, occupational stress injury (OSI), PTSD, anxiety, and burnout. Mindfulness practice can change the intensity of both emotional and physical suffering in a very positive way.

## Programme Benefits

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First responders and veterans experiencing chronic pain and OSIs face increasing challenges in everyday life. The programme will provide Mindfulness training to help with:

- ✓ Reducing symptoms of pain, OSI, and burnout - increasing resilience
- ✓ Easing transition from traumas and troubling life events: Understanding triggers
- ✓ Improving life balance
- ✓ Renewing a sense of purpose
- ✓ Improving personal and professional relationships
- ✓ Managing anxiety, life stress, and feelings of isolation
- ✓ Possibly modifying medication requirements (with physician oversight)

## Content

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The MBCPM™ programme is **trauma-sensitive and trauma-informed** and involves:

- Practicing mindfulness and meditation
- Understanding the connection between stress and mind/body challenges
- Enhancing self-care: eating, exercising, and sleeping issues
- Working on behaviors and self-awareness in relationship with others and with self