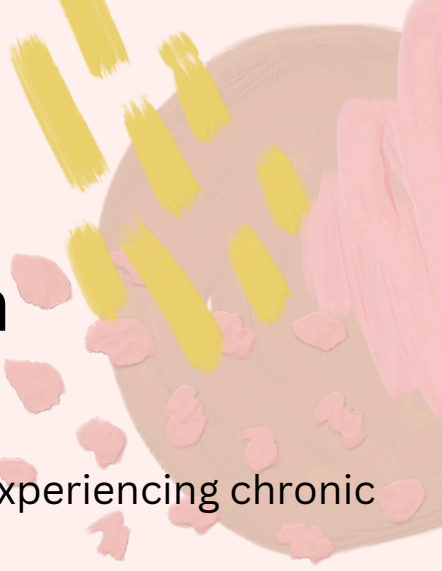




Living Well with Chronic Illness & Pain

Facilitated by Kelly Dunn, LCPC

This 6-session workshop series will cover the core principles of evidence-based strategies for living well with chronic illness and pain. Living with chronic illness and pain can cause a myriad of challenges across all domains of life. The topics and skills covered in this workshop will help you get back to living a life you love.

Workshop topics include:

- Understand the mind-body relationship and the impact of illness and pain on mental health.
- Gain relaxation skills that support living in a body with illness or pain.
- Learn to recognize and change unhelpful thinking and use self compassion to support adjusting to life with chronic illness or pain.
- Understand the impact of grief and how to process the ambiguous loss from changes in your body and life.
- Gain skills for practicing self-advocacy and accessing accommodations and increasing accessibility.
- Master activity pacing to support engaging in values based activities.
- Learn practical stress management tools to manage the stress created from living with a chronic illness or pain and everyday life.

Who: Adults experiencing chronic illness or pain

When: Early 2027, TBD based on interest

Where: Virtually, via Zoom

Cost: \$375 for full workshop series, with reduced fee spaces available for those who qualify

If you have accessibility concerns, please reach out to discuss

If you have any questions or would like to register, please contact Kelly Dunn, LCPC:

Email: kdunn@chicago-psychotherapy.com

Phone: 773-697-8839, ext. 5

[Click here to join the interest list!](#)

