

# PAIN AS INVITATION

## A THERAPEUTIC APPROACH TO WORKING WITH CHRONIC PAIN & ILLNESS

ONLINE WORKSHOP | THURSDAY 13 MARCH 2025

**RACHAEL KELLETT**

Are you a therapist or mental health practitioner seeking to deepen your understanding of chronic pain and illness? Join us for an enriching workshop that will transform how you approach long-term suffering in your clients!

### About the Workshop:

Chronic pain and fatigue can feel overwhelming—for both clients and practitioners. This workshop invites you to view these challenges as opportunities for growth and understanding. Together, we'll explore how to maintain curiosity and presence while working with the complexities faced by long-term sufferers.

### Key Highlights:

- Examine the intricate issues that chronic pain and fatigue present.
- Learn to focus on pain as a central thread in therapy.
- Engage in discussions that cater to attendee interests and energy levels.
- Option to join a longer live supervision day for deeper exploration.

### What You'll Learn:

- The power of phenomenological focusing and relational felt sense in therapy.
- How to attune to both the client's embodiment and your own process.
- Techniques to allow symptoms full expression, leading to transformative experiences.

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### Facilitator: Rachael Kellett

Rachael is a seasoned psychotherapist, supervisor, and facilitator with over 20 years of experience. After developing Fibromyalgia during her Gestalt training, she has dedicated her practice to understanding the healing journey from chronic pain and fatigue. Based in Buckinghamshire, she runs a busy private practice and is passionate about exploring the body's relationship with pain.



**Venue:** Online via Zoom

**Time:** 5-8 pm.

**Cost:** £50

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