



# Thriving Together

survivors mental health awareness & wellbeing group



## Finding Joy while Living with Chronic Pain

*with Dr Melissa Geraghty, Psy.D.*

Living with chronic pain presents unique challenges that can impact various aspects of life, from physical well-being to emotional resilience.

This presentation aims to offer a fresh perspective on navigating the complex landscape of chronic pain by delving into the principles of Acceptance and Commitment Therapy (ACT).

We will explore key concepts from ACT, emphasizing mindfulness, acceptance, and the importance of aligning actions with deeply held values.

**A VIRTUAL PRESENTATION**

**Saturday, December 9, 2023**

**10am to Noon**

**About Our Presenter:**

*Dr. Melissa Geraghty, Psy.D. is the Director of Mental Health and Support at the U.S. Pain Foundation. She is also a Licensed Clinical Health Psychologist, CEO of Phoenix Rising with Dr. G, Stanford Trained Empowered Relief Instructor™, and a Medical Gaslighting Sensitivity Trainer.*

**Register at: [HopeWorksOfHC.org/events](https://HopeWorksOfHC.org/events)**



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