

Currumbin Clinic Day Program

Persistent Pain Management Virtual Program

Closed - 8 weeks



Last Updated: February 2026

Who is the program for?

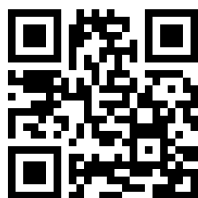
This program is developed for individuals who experience chronic pain and associated mental health and/or addiction difficulties. To better accommodate participants' individual needs, accessibility requirements, and personal circumstances, the program is delivered online, allowing people to engage in treatment from a location that is convenient and comfortable for them

Program content

- Pain Education
- Pain and Mental Health
- Pain Relief and Activity
- Substance Use and Addiction in Pain
- Relaxation Training
- Working on Cognitions
- Lifestyle Changes
- Management Plan

App support included

This program now includes three months' access to Pain Coach, a digital health platform that helps patients understand how lifestyle factors such as sleep, movement, stress, nutrition and social connection influence their pain experience. By tracking daily inputs and outcomes, Pain Coach supports participants in identifying meaningful patterns and gaining practical insights that reinforce the contemporary pain science taught throughout the program.



SCAN FOR MORE INFORMATION

Online referral form

<https://currumbinclinic.com.au/referral-process/>

**For information on this program please contact the Currumbin Clinic Day Programs Team.
Phone 07 5525 9682 or email currumbindaypatients@aurorahealth.com.au**

How to join

This program is grounded in Cognitive Behavioural Therapy, with elements of Pain Neuroscience. It is designed to help individuals understand pain so that they can learn tailored skills and strategies to manage their pain and flare-ups beyond the use of medication. Our program at Currumbin Clinic is unique in that we have sessions tailored to understanding and managing the link between Pain Management and Addiction.

This program has a multi-disciplinary approach, meaning that it includes input from a Psychologist, Physiotherapist and Exercise Physiologist.

When is it held?

Tuesdays from 11am to 2.30pm
This is an online Program

How to join

Patients interested in attending this program will need a GP referral to a Psychiatrist with admission rights to Currumbin Clinic. Referrals can be submitted via our online referral form below.

How much does it cost?

Participants are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Currumbin Clinic

A 37 Bilinga Street, Currumbin QLD 4223
T 07 5534 4944 F 07 5534 7752
E currumbinclinic@aurorahealth.com.au
W currumbinclinic.com.au



SEND ENQUIRY

Aurora
Currumbin
Clinic