

# Pain Neuroscience Education (Previously “Explaining Pain”)

## What can I expect to learn?

Learn what we know about pain from a Psychologist. This class talks about:

- Pain’s neurophysiology and the biopsychosocial model
- The Protectometer and 7 categories of danger (DIMs) or safety (SIMs) messages
- How our nervous system can “wind up” and “wind down”
- Ways that can change your pain experience

## How many classes are there?

One class for 2 hours

## How is this class being offered?

Over Zoom

## Who can register for this class?

Adults who are living in Alberta and will be in Alberta during the class

## How can I register for this class?

For information about when this class is being offered or to register, you can:

- Scan the QR code;
- [Register online](#);
- Use our [Class Schedule Guide](#) or [Class Description Handbook](#); **or**
- Phone us at 1-844-527-1160

To receive updates about upcoming programs and services offered by the Alberta Healthy Living Program- Calgary Zone, [join our e-mail distribution list](#).

