



Do You Experience Chronic Pain?

We want to hear from you!

Researchers in the Department of Psychology are conducting interviews to investigate the lived experiences and views of **self-compassion among people living with chronic pain**.

Self-compassion is a broad term – we are interested in hearing from a variety of voices on the topic so get in touch or register your interest by scanning the QR code below:



Are you eligible?

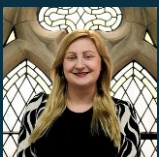
- ✓ You are **aged 18 or over**
- ✓ You are **English speaking**
- ✓ You have experience or diagnosis of **persistent or recurring pain that has been present for at least three months**
- ✓ You have **not** previously engaged in any formal **Compassion-Focused Therapy (CFT)** or taken part in a 'self-compassion training' intervention

Interested or want more information?



Meet the Team

Dr Jenna Gillett



Principal Investigator

Mrs Chloe Ward



Co-Investigator

Mr Ryan Brooks



Hon. Research Assistant

Get in Touch

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