

ME/CFS & FMS Self Help Course



TAKE CONTROL OF YOUR ILLNESS

The Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) and Fibromyalgia Syndrome (FMS) Self Help Course is designed to not only help you better understand chronic illness but also to give you the tools to manage it. In a small group setting, you, other participants and trained course facilitators (who have personal experience of chronic illness) will learn practical strategies and share experiences and ideas to develop your own individualised self management program.

ACT ME/Chronic Fatigue Syndrome Society

ME/CFS and Fibromyalgia Self Help Course

The course is held annually at Pearce.

BOOKINGS ESSENTIAL

Register Your Interest

Please return the completed form to
ACT ME/CFS Society Inc.

FOR FURTHER INFORMATION CONTACT ACT ME/CFS SOCIETY INC

POSTAL ADDRESS

ACT ME/Chronic Fatigue Syndrome Society Inc
PO Box 717
MAWSON ACT 2607

OFFICE ADDRESS

ACT ME/Chronic Fatigue Syndrome Society Inc
Room 24, Building 1
Pearce Community Centre
Collett Place
PEARCE ACT

*ACT ME/CFS Society is a member of SHOUT Inc
(Self Help Organisations United Together)
and can be contacted through the SHOUT office.*

OFFICE HOURS

9:30am to 4:00pm Monday to Friday

T: 02 6290 1984

E: admin@mecfscanberra.org.au

W: www.mecfscanberra.org.au

Interested? Email this form to
admin@mecfscanberra.org.au or
post to the Society's postal address.

- I am interested in attending a ME/CFS & FMS Self Help Course.
- I would like to purchase *Managing Chronic Fatigue Syndrome and Fibromyalgia: A Seven-Part Plan* - \$28 includes p & p.
- I would like more information about the Course.
- I would like more information about ME/CFS and FMS.

NAME.....

DAYTIME TELEPHONE.....

MOBILE.....

EMAIL.....

.....

COST

\$50 (ACT ME/CFS Society members, students & people receiving Centrelink pensions)

\$75 (non members)

\$85 (includes annual membership of ACT ME/CFS Society)

\$75 (includes concession annual membership of ACT ME/CFS Society for students & people receiving Centrelink pensions)

The cost includes all eight sessions and the book *Managing Chronic Fatigue Syndrome and Fibromyalgia: A Seven-Part Plan*.

How does the course work?

The Self Help Course is an eight week program with a two hour session per week. You will learn practical strategies for coping with common problems of ME/CFS and FMS.

Sharing experiences and ideas in a small group setting, you will develop your own individualised self management program. Using the tools provided by the Course and the support of the group you will learn how to:

- **pace yourself to control the 'chronic illness roller coaster'**
- **set realistic short term goals**
- **reduce stress**
- **manage emotions**
- **improve relationships**
- **minimise relapses**
- **develop your own self management program**

The Course emphasises constructive, solution oriented discussions in a supportive setting. It is conducted by trained leaders who have personal experience of chronic illness.

"The Course was very worthwhile! A whole group of people who understand and can relate to what you are experiencing. It is very validating.

'Meeting others with the same illness was really encouraging - good support.'

'The facilitators and other participants were wonderful and supportive.'

Who is the course for?

The Course is designed to help all people with ME/CFS and FMS, whether they have been recently diagnosed or ill for a number of years and whether they are mildly or severely affected. Adults of any age can benefit.

The ME/CFS and FMS Self Help Course offers practical and well tested ways of coping with the problems of chronic illness. Far from just providing information, it will help you develop your abilities and confidence in managing your illness.

Background

The Course was created by Bruce Campbell, Ph.D. Dr Campbell is a recovered CFIDS (a US title for ME/CFS) patient who, before becoming ill, worked on self help programs for chronic illness at the Stanford University Medical School. The Course has been offered through the internet and in person since 1998 by CFIDS/ Fibromyalgia Self Help, a US not for profit organisation.

The Course is now offered by CFS Societies in Australia including ACT ME/CFS Society. This enterprise has the full cooperation and approval of Dr Campbell. His book, *Managing Chronic Fatigue Syndrome and Fibromyalgia: A Seven-Part Plan*, forms the basis of the Course. A copy for each participant is included in the total cost of the program.

Participants are encouraged to read the book before commencing the Course.

'Those who do extremely well...take control of their own lives and develop new meaning and self worth out of the illness process.'

Charles W. Lapp, MD, in the Forward to *Managing Chronic Fatigue Syndrome and Fibromyalgia: A Seven-Part Plan*

About ME/CFS and FMS

ME/CFS and FMS are long term illnesses which impose restrictions on people's activities either for an extended period of time or permanently. This both affects people's immediate quality of life and raises considerable uncertainty over their future, leading to isolation, frustration and a sense of helplessness.

Diagnosing ME/CFS and FMS can be difficult. In many cases the illnesses have no clear cause and can be treated with skepticism by the community, compounding the difficulties people face. There is no known cure for either illness and medical help is often quite limited.

ACT ME/Chronic Fatigue Syndrome Society Inc

ACT ME/Chronic Fatigue Syndrome Society Inc (ACT ME/CFS Society) is a not for profit, self help organisation which provides information and support to people affected by ME/CFS and fibromyalgia.

We support and help our members, provide information to patients, medical practitioners and the public and promote research for a better understanding of ME/CFS and fibromyalgia in the community.