



## **BREAKING THE PAIN CHAIN FACILITATORS – FREQUENTLY ASKED QUESTIONS**

**I'm interested in becoming a facilitator for the Breaking the Pain Chain program.**

**What are the requirements?**

- A background in health education, working in a health-related field, or equivalent experience.
- Experience in leading groups.
- Participation in an Arthritis Foundation Breaking the Pain Chain class series, when available.
- Successful completion of an Arthritis Foundation Breaking the Pain Chain Facilitator Training Workshop.

**How much time will it take to prepare to be a facilitator?**

Breaking the Pain Chain Facilitator training includes reviewing pre-training materials; attending an 8-hour in-person, one-day workshop; and participating in a one-hour follow-up conference call. Only Arthritis Foundation-trained facilitators are allowed to present the program.

**What is the cost of the Facilitator Training Workshop?**

The training workshop is currently offered at no charge.

**How often do I need to facilitate a program?**

All facilitators must lead at least one program per year to maintain certification. We will work with you to schedule classes that meet your preferences for day, time, and location. You may team-teach with another trained facilitator, if one is available.