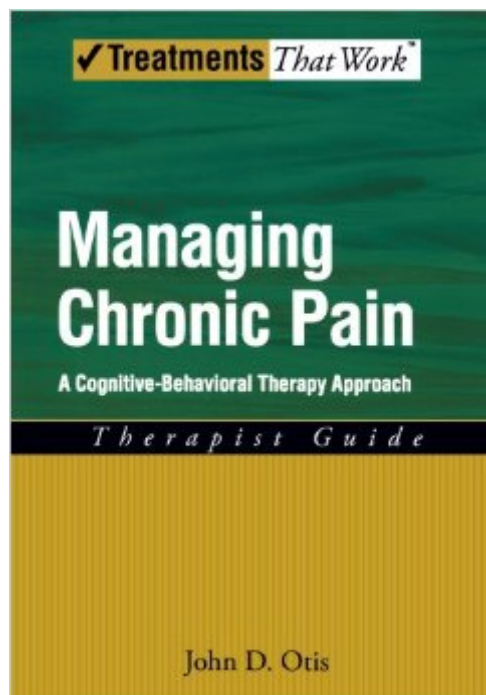


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# Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach Therapist Guide (Treatments That Work)



## Synopsis

Chronic pain has a multitude of causes, many of which are not well understood or effectively treated by medical therapies. Individuals with chronic pain often report that pain interferes with their ability to engage in occupational, social, or recreational activities. Their inability to engage in these everyday activities may contribute to increased isolation, negative mood, and physical deconditioning, which in turn can contribute to their experience of pain. Cognitive-behavioral therapy (CBT) has been proven effective at managing various chronic pain conditions, including rheumatoid arthritis, osteoarthritis, chronic back pain, and tension/migraine headache. CBT engages patients in an active coping process aimed at changing maladaptive thoughts and behaviors that can serve to maintain and exacerbate the experience of chronic pain. *Managing Chronic Pain, Therapist Guide* distills many of these empirically validated techniques into one convenient volume that no clinician can do without. Each session presents the basic methods of a technique, such as stress management, sleep hygiene, relaxation therapy, and cognitive restructuring. Designed to be used in conjunction with the corresponding workbook, this therapist guide offers a complete treatment program. It provides session outlines, sample dialogues, and homework assignments for each technique, as well as addresses assessment and relapse. This CBT program can be used for the successful management of chronic pain, helping patients regain control of their lives. *Treatments That Work™* represents the gold standard of behavioral healthcare interventions! All programs have been rigorously tested in clinical trials and are backed by years of research. A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date. Our books are reliable and effective and make it easy for you to provide your clients with the best care available. Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated. A companion website ([www.oup.com/us/ttw](http://www.oup.com/us/ttw)) offers downloadable clinical tools and helpful resources. Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

## Book Information

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## Customer Reviews

I am very pleased with this manual. It helped me treat a patient successfully. It is somewhat minimalistic and assumes basic CBT competencies, which is fine. Unlike many other manuals, it does not assume 90-min sessions, so it is compatible with the current "mismanaged care" insurance-driven 50-min session standard. It could benefit from more examples and better phrasing of the utterances in the examples.

I would say that you don't necessarily need this therapist "how to" book for the client workbook *Managing Chronic Pain*. When I recommend this to other therapists, I just recommend the workbook. That being said, since I have the book I do use it. It basically guides you step by step through each session with the client who is using the workbook. The workbook is great!

The book over simplifies pain management. Its great for someone who is starting to work in pain management, but not as a stand alone.

Very well written with practical suggestions and techniques.

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