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

John D. Otis

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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 TM 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

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Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach Therapist Guide (Treatments That Work) can be one of your beginner books that are good idea. All of us recommend that straight away because this guide has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining but still delivering the information. The copy writer giving his/her effort to place every word into pleasure arrangement in writing Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach Therapist Guide (Treatments That Work) although doesn't forget the main point, giving the reader the hottest as well as based confirm resource information that maybe you can be among it. This great information can certainly drawn you into new stage of crucial imagining.

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