

Pain Management Psychotherapy has the best psychological techniques for helping people who suffer from chronic pain feel better and get better. These techniques include cognitive-behavioral and hypnosis therapy.

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Chronic and persistent pain syndromes are as much behavioral and psychological problems as physical or medical problems. Health professionals involved in pain management must have a thorough knowledge of the latest pain management techniques in order to select the best methods and strategies for helping each patient cope with pain.

Pain Management Psychotherapy still remains the most up-to-date comprehensive guide available for the psychological treatment of chronic pain. It addresses the behavioral, emotional, sensory-physiological, cognitive, and interpersonal aspects of pain problems and provides accessible technical knowledge that enables practitioners to alleviate unnecessary pain and suffering.

Based on sound research and theory and written by two leading practitioners, this book introduces a short-term therapy model for treating chronic pain that integrates clinical

techniques drawn from cognitive therapy, hypnotherapy, behavior therapy, and desensitization therapies. This thorough volume:

- Supplies step-by-step treatment methods from initial consultation through termination of pain treatment.
- Describes brief, solution-oriented pain treatment strategies that work in a managed care environment.
- Features assessment and outcome measurement instruments, checklists, worksheets, and clinical scripts.
- Demonstrates the latest therapeutic techniques, including eye movement desensitization and reprocessing, therapeutic imagery, relaxation training, and self-hypnosis, and includes pain inventories, questionnaires, and numerous other assessment tools.

This book is an indispensable guide for psychologists, psychiatrists, social workers, and other mental health professionals who need fast, reliable methods for promoting pain relief. It is also an excellent text for undergraduate and graduate students in these and other disciplines, and a valuable reference for insurers, physicians, and managed care providers.