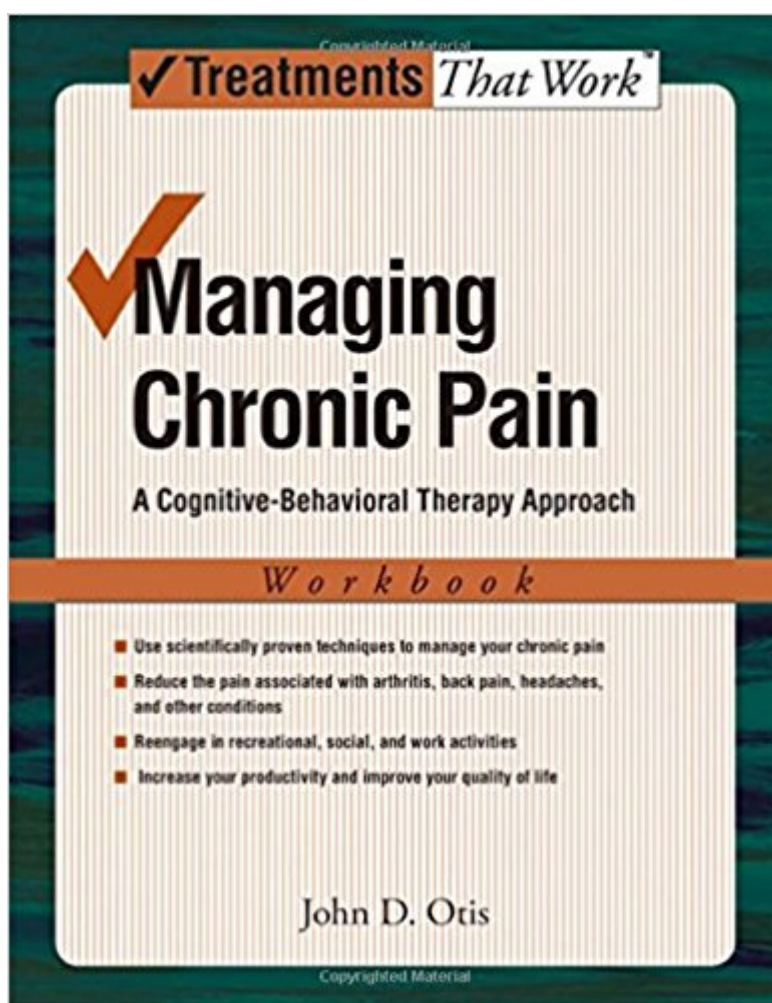


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# Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach Workbook (Treatments That Work)



## 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. Sufferers' 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. The CBT treatment 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. *Overcoming Chronic Pain, Therapist Guide* instills all of these empirically validated treatments into one comprehensive, convenient volume that no clinician can do without. By presenting the basic, proven-effective CBT methods used in each treatment, such as stress management, sleep hygiene, relaxation therapy and cognitive restructuring, this guide can be used to treat all chronic pain conditions with success. *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

"Both seasoned clinicians and novices will benefit significantly from reading and making use of the information contained in this succinct, yet practical volume. John Otis clearly guides the reader with sufficient detail on how to implement CBT in order to achieve optimal results with this difficult population. His wealth of knowledge and clinical experience permeate the text. I highly recommend this volume."--Dennis C. Turk, Ph.D., John and Emma Bonica Professor of Anesthesiology & Pain Research, University of Washington

"Dr. Otis has compiled a practical evidence-based book rooted in theory with a wealth of therapeutic interventions on the self-management of chronic pain. It is easy to read and understand and includes important educational material and helpful forms to offer guidance in the management of pain. It is printed in engaging fashion and packed with treatments that really work. This book is a highly recommended for both those who suffer from chronic pain and for their healthcare providers."--Robert N. Jamison, Ph.D., Associate Professor, Harvard Medical School; Departments of Anesthesiology, Perioperative and Pain Medicine, and Psychiatry, Brigham and Women's Hospital, Boston

"A significant challenge to the field of pain management is the limited access to empirically-validated psychological services. This manual by Dr. John Otis provides a step-by-step guide that addresses each of the key components of adaptive pain coping and provides numerous creative and easy to use tools to support skill practice and learning. Dr. Otis is to be commended for this important contribution."--Robert D. Kerns, Ph.D., National Program Director, VA Central Office; Chief, Psychology Service, VA Connecticut Healthcare System; Professor of Psychiatry, Neurology and Psychology, Yale University

John D. Otis is Director, Pain Management Psychology Services, VA Boston Healthcare System; Associate Professor of Psychology and Psychiatry at Boston University School of Medicine in Chestnut Hill, MA.

If you're wondering if you should buy the companion therapist guide for using this workbook with clients, save your money. This workbook alone is all you need (if the client has their own or has copies from it). This is by far THE BEST tool I have ever found for working with individuals with chronic pain. It is informative and easy to read for clients. It spells things out, step by step. It encourages them to focus on what works and change their lifestyle. It teaches calming techniques and body-awareness. It teaches how pain works in the brain and the nervous system. I have never had a client who didn't benefit from the work we've done using this book as the primary tool in our sessions.

I am a clinical psychologist working in a multidisciplinary pain treatment clinic. I also have chronic pain. I have found four self-help books (see my other reviews) that I currently recommend to patients. This is one of them. This is a great pain coping resources self-help book. Like other good pain coping self-help books (e.g., "Managing Your Pain Before It Mangers You," by Margaret Caudill, MD, PhD, "The Pain Survival Guide," By Dennis Turk, PhD and "Hypnotize Yourself Out of Pain Now!", by Bruch Eimer, PhD), it does an effective job of covering the range of what has been learned on helping chronic pain patients help themselves. Its chapters are structured effectively with many good self-help tools/exercises. It is cognitive behavioral in focus and I would say that its only limitations are that it somewhat neglects interpersonal factors in pain. Also, it does not cover self-hypnosis, though it does cover imagery. If you are looking for self-help help with chronic pain, I highly recommend this book.

Right now halfway through the book, seems to be ok, per the user that it was purchased. Seems to have some coping skills.

Very useful.

same old stuff

I use this book in my treatment of chronic pain patients as a mental health practitioner as part of a team of providers of holistic treatment for pain management. I use in a group format 4x a week for 6 weeks. The curriculum is sequentially ordered in a way that builds upon the previous information that reinforces learning and strategies for managing pain. My patients report this is their favorite class of our holistic approach to pain management for patients with work related injuries. I also use

the ebook workbook casted on a screen for visual effects and note taking. I'm on my second cycle of patients using this book in group. I highly recommend this book for mental health practitioners working as a member of a pain management treatment team or individual practitioner. I will report on the long term effects in my next review.

If you have chronic pain, you need to buy and work through this book. If you are able, use this book with a therapist trained in Cognitive Behavior Therapy (CBT) in order to get maximum effect before tapping into medical devices like the Alpha-Stim CES.

An excellent workbook on a topic that is not addressed enough in mental health. I am a psychotherapist, and I have used some of the material in here in my practice, and also given the title and author to clients dealing with chronic pain.

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back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1)  
Managing Tourette Syndrome A Behavioral Intervention for Children and Adults Therapist Guide  
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