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Handbook of Psychosocial Interventions for Chronic Pain - Andrea Kohn Maikovich-Fong 2019 Handbook of Psychosocial Interventions for Chronic Pain provides a cutting-edge and comprehensive review of interventions for chronic pain grounded in biopsychosocial frameworks. Each chapter gives readers the opportunity to solidify their knowledge of major approaches to chronic pain in an accessible format. Reflecting national efforts to reduce prescriptions for pain medications and increase access to interdisciplinary treatment approaches, the book also considers a wide range of person-level factors such as age, gender, comorbid health conditions. In this book, mental health and allied health professionals will find the tools they need to understand the real-world delivery of chronic pain treatments in a wide variety of settings.

Pain Management Psychotherapy - Bruce N. Eimer 1998-02-23 Pain Management Psychotherapy is 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.
Less Pain, Fewer Pills-Beth Darnall 2014-07-01 Chronic pain is a common medical problem shared by roughly 100 million Americans—close to one third of the U.S. population. In the past few decades there has been an alarming trend of using prescription opioids to treat chronic pain. But these opioids—the main prescribed analgesic—come with hidden costs, and this book reveals the ramifications of their use and provides a low or no-risk alternative. Armed with the right information, you can make informed decisions about your pain and risks. By approaching pain management with more than 50% new material—has introduced thousands of practitioners and students to the state of the art in psychological interventions for managing pain. Leading experts review the most effective treatment approaches for enhancing patients' coping and self-efficacy and reducing pain-related disability, including cognitive-behavioral therapy, biofeedback, and strategies for integrating psychosocial and medical treatments for specific populations are described, including pain in neurological disease, in HIV and AIDS patients, posttraumatic stress disorder and substance use disorder.

Opioid-Free Pain Relief Kit—Beth Darnall 2016-09-01 CONGRATULATIONS! Picking up this book shows you want to help yourself feel better. That's the first step toward having less pain and using less pain medication. You are not alone. About 100 million Americans—one in three people—have ongoing pain. It can be mild or very strong, come in waves or always be present simply annoying or make your normal life hard to live.
Pain is the most common reason people visit their doctor. Many people mistakenly believe that chronic pain is best treated simply by taking powerful painkillers, also known as opioids. But people who think pills are the only answer are mistaken, because the best treatment for chronic pain includes much more than pills. In fact, the most important part of pain treatment isn't your medication or even your doctor: it's YOU. This book gives you the right road map and skills to help you reduce your own pain, so you need less medication. It is a formula for success—your own personal pain relief kit.

CBT for Chronic Pain and Psychological Well-Being—Mark Carlson 2014-04-15 The first clinical manual of evidence-based CBT skills for managing psychological issues associated with chronic pain, drawn from current approaches such as DBT, ACT, and motivational interviewing. The first skills training manual in the field of chronic pain and mental health disorders to provide an integrated session-by-session outline that is customizable for clinicians. This skill set includes many new handouts, assessment tools, and therapist scripts, as well as audio downloads. *Orients and engages clients using state-of-the-art research on how the brain processes pain.

Acception and Commitment Therapy for Chronic Pain—JoAnne Dahl 2005-04-05 Professionals who work with patients and clients struggling with chronic pain will benefit from this evidence-based client behavior change program for managing the effects of pain. Acceptance and Commitment Therapy for Chronic Pain addresses case formulation and clinical techniques for working with pain patients through a combination of practical instruction and a treatment scenario narrative that follows a patient through an ACT-based intervention. An invaluable resource for rehabilitation specialists, psychologists, physicians, nurses, and others.

Pain and Disability—Institute of Medicine 2007-01-21 Pain—it is the most common complaint presented to physicians. Yet pain is subjective—it cannot be measured directly and is difficult to validate. Evaluating claims based on pain is one of the major problems of the Social Security Administration (SSA) and other disability insurers. This volume covers the epidemiology and physiology of pain; psychosocial contributions to pain and illness behavior; promising ways of assessing and measuring chronic pain and dysfunction; clinical aspects of prevention, diagnosis, treatment, and rehabilitation; and how the SSA's benefit structure and administrative procedures may affect pain complaints.

Clinical Pain Management Second Edition: Chronic Pain—Peter Wilson 2009-09-26 The second edition of Chronic Pain now covers a vast scientific and clinical arena, with the scientific background and therapeutic options much expanded. In common with the other titles comprising Clinical Pain Management, the volume gathers together the available evidence-based information in a reader-friendly format without unnecessary detail, and is divided into three parts. The broad coverage under Part One encompasses basic science, including applied physiology, genetics and epidemiology, through societal aspects of pain and its consequences, to patient assessment, diagnostic procedures and outcome measures. Part Two considers the different therapies available, including pharmacological, psychological, behavioural, interventional and alternative. Part Three specifies and non-specific pain syndromes and their management are described, including pain in neurological disease, in HIV and AIDS patients, and after surgery or spinal cord injury, regional pain in the head, face, neck, back, joints, chest, abdomen and pelvis, and issues related to pain in children, the elderly and in association with substance misuse.
CBT for Chronic Pain in Children and Adolescents—Tonya M. Palermo 2012-05-04 Cognitive-Behavioral Therapy for Chronic Pain in Children and Adolescents provides instruction on the use of cognitive-behavioral therapy (CBT) for children and their families coping with the consequences of persisting pain.

Presurgical Psychological Screening in Chronic Pain Syndromes—Andrew R. Block 2014-02-25 Pain is an unfortunate daily experience for many individuals. Chronic pain – lasting six or more months – is suffered by approximately 30% of the population in the United States. These individuals wake up, function during the day and go to sleep, trying to keep pain at a minimum while, at the same time, maintaining some quality of life. They may make frequent visits to the doctor and the pharmacy. When they find relief, it is usually short-lived and comes at a cost such as dependence on narcotic medications or complete limitation of activity. Pain often becomes the central point of their existence. This practice guide describes an approach to psychological evaluation of the chronic pain patient who is being considered for surgery. A large body of research is accumulating which demonstrates that the outcome of surgical procedures aimed at chronic pain relief can be strongly influenced by psychological and emotional factors. This approach, termed “presurgical psychological screening” (PPS) uses interview and testing techniques to identify emotional, behavioral, and psychosocial difficulties which have been demonstrated to negatively impact surgical outcome. Studies show that even patients with clearly identifiable pathophysiology may respond poorly to surgery, due to issues such as pain sensitivity, medication dependence, rewards for pain behavior and personality style. Thus, some insurance carriers, rehabilitation nurses and state worker’s compensation systems are encouraging, or even requiring, presurgical psychological screening in cases of surgery designed to relieve chronic pain. The first to present a comprehensive, unified approach to PPS in chronic pain syndromes, this text is designed to provide the behavioral health practitioner, as well as the trainee, with all the tools and information necessary to conduct PPS evaluations. It identifies a multitude of risk factors for poor surgical outcome and reviews research associated with each risk factor. Hands-on techniques for eliciting information from the patient about risk factors is also detailed. Toward this end, the practice guide also contains a number of forms and session outlines which can be directly utilized, or which can be altered to fit readers’ needs. Models for weighing and combining surgical outcome risk factors are also provided. Thus, practitioners are able to reach valid and reliable predictions of surgical results. Finally, the text provides outlines of psychosocial interventions which can facilitate surgical outcome as well as surgical treatment alternatives. Upon completion of this practice guide, readers should be able to begin providing PPS evaluations which are scientifically valid, clinically sound, and which result in significant overall improvement in the treatment of chronic pain syndromes.

The Psychological Management of Chronic Pain—Clare Phillips 1996 “This updated and expanded volume is a practical guide for clinicians to help their clients manage and alleviate problems associated with chronic pain. Based on the Gate Control Model, the manual provides detailed and structured information to enable the cognitive-behavioral-oriented clinician to conduct a time-limited, therapist-guided self-management program. The edition places an emphasis on the cognitive components of treatment, including chapters on the “new” psychology of pain, memory of pain, the overprediction of pain, pain-related cognitions, and the measurement of pain.”—BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

Individual Placement and Support—Robert E. Drake 2012-11-15 This comprehensive monograph synthesizes the research on the Individual Placement and Support model of supported employment for people with severe mental illness. It identifies empirical foundations for core principles of the model and reviews the literature on effectiveness, long-term outcomes, cost-effectiveness, generalizability, implementation, and policy implications.

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Understanding Pain for Better Clinical Practice—Steven Linton 2005 A comprehensive review of the current state of thinking and research in relation to the management of the psychological aspects of pain. Written in a style and at a level which is relevant and accessible to the practising clinician and also to students. Addresses the common clinical problems relating to the psychological aspects of pain management and gives practical guidance based on the latest research as to how those problems should be dealt with. Includes an appendix which may be used as a session manual by therapists using cognitive-behavioural therapy with groups for early intervention in pain management. May be used as a textbook as well as a clinical reference. Volume 16 in an established series conceived and commissioned by Sir Patrick Wall Written by probably the best known figure in the field of the psychological management of pain Clinically relevant and research based Written by a leading researcher who is also a practitioner and understands the problems and concerns of clinicians Fully up to the minute - based on the very latest research.

Clinical Essentials of Pain Management—Robert J. Gatchel 2005-01-01 Providing a documented program for treating patients experiencing acute and chronic pain that may be caused by biological, psychological and social variables, Robert Gatchel offers mental health practitioners guidance on how to assess and treat pain patients and details cognitive behavior interventions.

Ethical Issues in Chronic Pain Management—Michael E. Schatzman 2016-04-19 Specifically designed to address the needs of all specialists involved in the care of chronic pain patients, this source clarifies the ethical and legal issues associated with the diagnosis, assessment, and care of patients suffering from long-term pain. Divided into five comprehensive sections, this source covers a variety of topics to help the ch

Pain—Thomas Hadjistavropoulos 2004-02-04 This invaluable resource presents a state-of-the-art account of the psychology of pain from leading researchers. It features contributions from clinical, social, and biopsychosocial perspectives, the latest theories of pain, as well as basic processes and applied issues. The book opens with an introduction to the history of pain theory and the epidemiology of pain. It then explores theoretical work, including the gate control theory/neuromatrix model, as well as biopsychosocial, cognitive/behavioral, and psychodynamic perspectives. Issues, such as the link between psychophysiological processes and consciousness of the communication of pain are examined. Pain over the life span, ethno-cultural, and individual differences are the focus of the next three chapters. Pain: Psychological Perspectives addresses current clinical issues: * pain assessment and acute and chronic pain interventions; * the unavailability of psychological interventions for chronic pain in a number of settings, the use of self-report, and issues related to the implementation of certain interventions; and * the later it is assessed and the greater the ethical standards and the theories. Intended for practitioners, researchers, and students involved with the study of pain in fields such as clinical and health psychology, this book will also appeal to physicians, nurses, and physiotherapists. Pain is ideal for advanced courses on the psychology of pain, pain management, and related courses that address this topic.

The Pain Management Workbook—Rachel Zoffness 2020-12 Change your brain, change your pain—that’s the empowering message interwoven in this evidence-based workbook by pain expert Rachel Zoffness. Grounded in cognitive behavioral therapy (CBT), mindfulness-based stress reduction (MBSR), and neuroscience, this important workbook offers readers proven-effective pain management techniques, so they can break the pain cycle and live with greater joy and fulfillment.

Evidence-Based Chronic Pain Management—Cathy Stannard 2011-08-26 A genuine evidence-based text for optimum pain relief in various chronic conditions. This comprehensive, unified approach to psychological evaluation of the chronic pain patient who is being considered for surgery. A large body of research is accumulating which demonstrates that the outcome of surgical procedures aimed at chronic pain relief can be strongly influenced by psychological and emotional factors. Thus, some insurance carriers, rehabilitation nurses and state worker’s compensation systems are encouraging, or even requiring, presurgical psychological screening in cases of surgery designed to relieve chronic pain. The first to present a comprehensive, unified approach to PPS in chronic pain syndromes, this text is designed to provide the behavioral health practitioner, as well as the trainee, with all the tools and information necessary to conduct PPS evaluations. It identifies a multitude of risk factors for poor surgical outcome and reviews research associated with each risk factor. Hands-on techniques for eliciting information from the patient about risk factors is also detailed. Toward this end, the practice guide also contains a number of forms and session outlines which can be directly utilized, or which can be altered to fit readers’ needs. Models for weighing and combining surgical outcome risk factors are also provided. Thus, practitioners are able to reach valid and reliable predictions of surgical results. Finally, the text provides outlines of psychosocial interventions which can facilitate surgical outcome as well as surgical treatment alternatives. Upon completion of this practice guide, readers should be able to begin providing PPS evaluations which are scientifically valid, clinically sound, and which result in significant overall improvement in the treatment of chronic pain syndromes.

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