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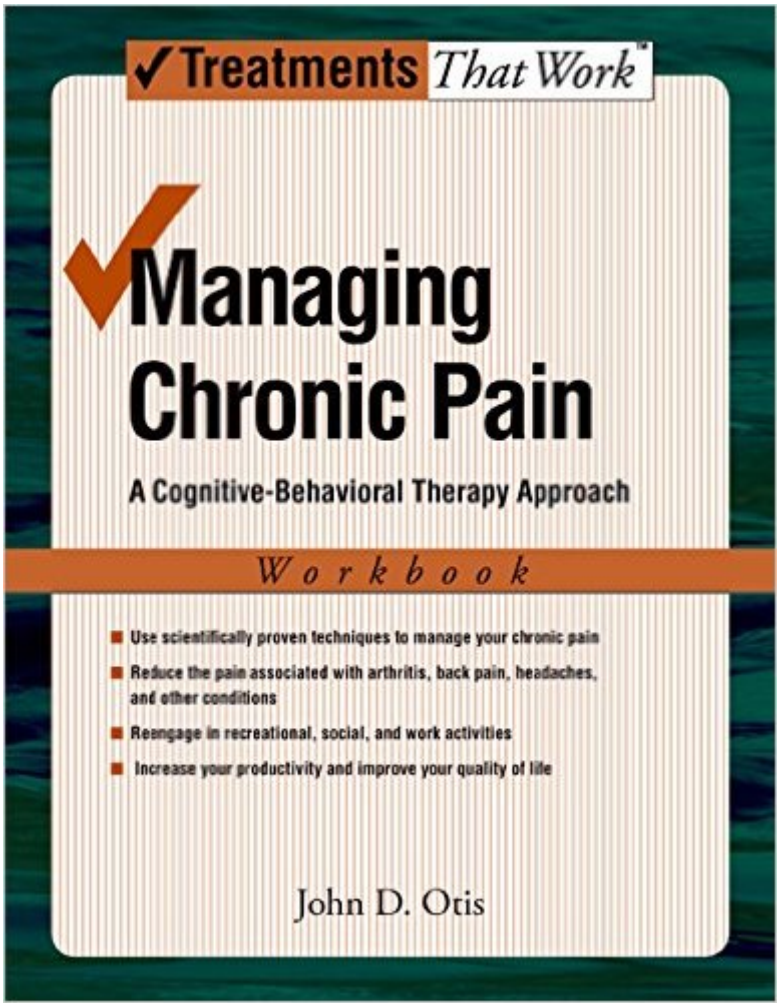
Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach: Workbook (Treatments That Work)



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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.TreatmentsThatWorkTM represents the gold standard of behavioral healthcare interventions!Â All programs have been rigorously tested in clinical trials and are backed by years of researchÂ 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 dateÂ Our books are reliable and effective and make it easy for you to provide your clients with the best care availableÂ Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivatedÂ A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resourcesÂ Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

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Customer Reviews

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.

This book was very used-friendly. For a beginning clinician, it walked me through step-by-step how to use this treatment with patients with chronic pain. It could also be used as a self-help type of book, and I actually recommended ito to a family member who suffers from chronic pain. Great find!

The "Treatments that Work" series is designed for clinicians; it is not meant to be a self-help resource for lay readers. This volume offers an 11-session cognitive-behavioral treatment model to support those who must learn to cope with the challenge of chronic pain.Sessions are as follows:1. Education on Chronic Pain2. Theories of Pain and Diaphragmatic Breathing3. Progressive Muscle

Relaxation and Visual Imagery4. Automatic Thoughts and Pain5. Cognitive Restructuring6. Stress Management7. Time-based Pacing8. Pleasant Activity Scheduling9. Anger Management10. Sleep Hygiene11. Relapse Prevention and Flare-Up PlanningNot a substitute for medical assessment and management, but an evidence-based supportive treatment model which can be readily implemented by CBT-trained clinicians.

I worked with Dr. Otis for over 7 months. My chronic pain in my abdomen had become so oppressive that I was considering giving up. My pain is random because of nerve damage caused by an accident that also rendered me paralyzed from the neck down. I've been in bed for the majority of ten years. Twenty two years after my accident, I discovered Dr. Otis. Through secure teleconferencing, we read through his book,"Managing Chronic Pain", along with the workbook exercises. Believe it or not, I've now completed his program and I apply what I've learned to everyday life as I deal with my chronic pain.If you have chronic pain that is ruining your life, I highly recommend this book- especially to anyone who is serious about trying to challenge your way of thinking. It is hard work, but worth it! Dr. Otis has changed my life with this book. I do not have less pain now, but I have learned more effective coping mechanisms. Thanks to Dr. Otis, I'm a better man, husband, and father.

I am dealing with a head injury and everything is very different. This book and the guidance of my psychologist have helped me continue with my job and family. The headaches are constant and I am told to live with it. This book assisted me in finding ways to get past the headache

This workbook is laid out in an easy to understand format that provides a lot of good information. Its only drawback is that it is best used in conjunction with a seeing a doctor or therapist. Using it for self help is still valuable, however.

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.

For my chronic pain from a horrible neck injury on ice in my yard last year, this was required reading from my pain Psychologist (yep, there are people like that out there who can help you manage your pain with your mind). It is a wonderful book (your Doctor has the master copy) and really helps you understand what chronic pain is all about. It is not the end of the world unless you let it be.

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