

COGNITIVE BEHAVIORAL THERAPY FOR PAIN MANAGEMENT

WHAT YOU SHOULD KNOW

COGNITIVE BEHAVIORAL THERAPY is “talk” therapy during which you discuss your thoughts and feelings with a trained therapist to help you better cope with the pain you are experiencing. During cognitive behavioral therapy, you will learn:

- What thoughts and feelings may trigger and contribute to your pain
- How to address your awareness of pain
- Techniques that can help you control your body’s response to pain

Studies have shown that cognitive behavioral therapy can help people cope with chronic pain.

Source: American Pain Society

UNDERSTANDING COGNITIVE BEHAVIORAL THERAPY AND WHAT IT CAN DO FOR YOU

During cognitive behavioral therapy, your therapist will help you conquer negative thoughts, fears, and worries, as well as set realistic goals. Techniques you may learn include:

- Deep-breathing relaxation
- Exercises for physical activity, with rest periods
- Positive affirmation, using coping techniques such as reading or listening to music
- Relapse prevention, which teaches you how to deal with flare-ups
- Operant-behavioral therapy, which teaches you how to tackle negative behaviors and focus on positives
- Biofeedback, which teaches you how to control your heart rate and muscle tension during pain incidents
- Self-hypnosis and meditation

Benefits

- You will learn useful, practical skills and techniques for managing your pain

Keys to Success

- Set realistic goals for your pain relief
- Realize that it may take several treatments for your pain to decrease
- Commit to and be comfortable with the idea of sharing your feelings and emotions
- Combine with other therapies for best results

HOW TO FIND A COGNITIVE BEHAVIORAL THERAPIST

A licensed cognitive behavioral therapist:

- Has a title such as licensed professional counselor, clinical social worker, or psychologist
- Has a strong foundation in cognitive behavioral therapy
- Freely gives you any professional information that you request
- Can be found by visiting the Association for Behavioral and Cognitive Therapies’ website at findcbt.org

Talk with your health care provider to be sure this type of therapy is right for you. For more information, visit HelpsHereDE.com.

