

## **Cognitive Therapy with Chronic Pain Patients**

Carrie Winterowd PhD, MD Beck Aaron T., MD Gruener Daniel



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This manual begins with an introduction to chronic, nonmalignant pain treatment and some of the main pain theories, as well as approaches to pain management. The core of the book delineates the application of Beck's cognitive therapy assessment and intervention strategies with this client population, and offers an easy-to-follow structured approach.

The book provides case examples and therapist-patient dialogues to demonstrate cognitive therapy in action and illustrate ways to improve collaborative efforts between practitioners and patients.



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