



# Cognitive Therapy with Chronic Pain Patients

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

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MD Beck Aaron T., MD Gruener Daniel

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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- Rank: #2064423 in eBooks
- Published on: 2003-10-07
- Released on: 2003-10-07
- Format: Kindle eBook

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#### Review

"The book is well organized and has a consistent format... the text is a good reference for the rehabilitation professional to have." -- *Carolyn Vaillancourt, PT, NCS, Braintree, Mass, **Physical Therapy**, Volume 86*

#### Review

"The authors communicate a clear understanding of this psychologically complex population and present a model of treatment that will contribute to the quality of life for these patients...an important addition to the libraries of both generalists and specialists."

--**Robert P. Trombley, PhD**, Advanced Health Psychology, Anchorage, AL

#### From the Back Cover

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