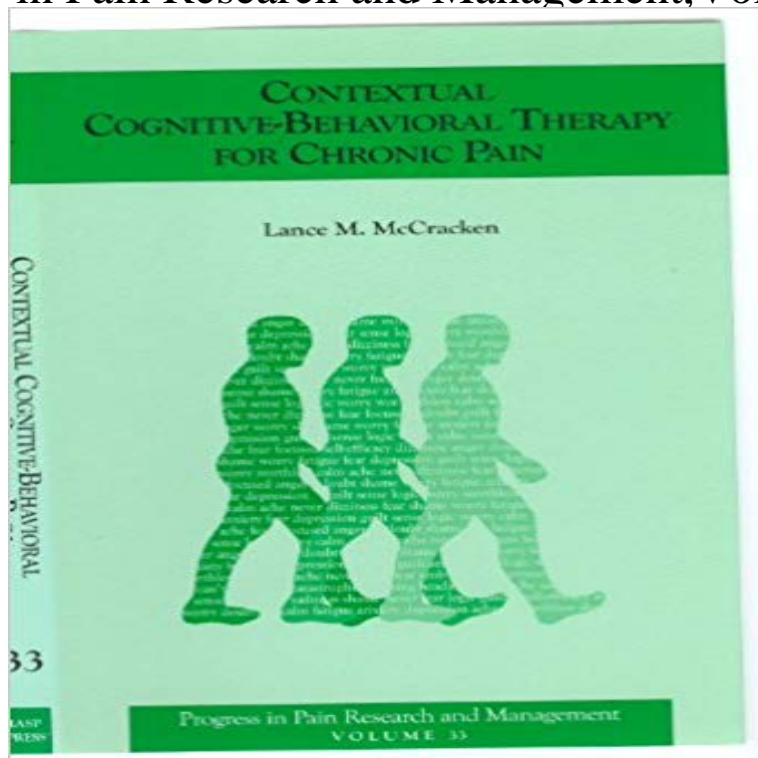


Contextual, Cognitive- Behavioral Therapy for Chronic Pain (Progress in Pain Research and Management, Volume 33)



This book reviews the latest developments in the psychology of chronic pain, providing an overview of a practical, comprehensive, and theoretically integrative approach that significantly expands the scope of current treatment methods. The past 30 years have seen a changing focus within pain management regarding patients behaviors, thoughts, beliefs, and emotions, as well as a new awareness of the importance of social context. This flexible new perspective is consistent with any approach to pain treatment that leads to freer and fuller patient functioning. This volume describes the array of empirically based treatment methods now available to clinicians together with novel approaches to exposure-based methods and the promotion of coping techniques. Contextual Cognitive-Behavioral Therapy for Chronic Pain was written for psychologists and other clinicians who treat patients with chronic pain, and for researchers of psychological aspects of pain.

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