

1. Record Nr.	UNINA9910464608303321
Autore	Carlson Mark (Mark Stanley), <1952->
Titolo	CBT for chronic pain and psychological well-being : a skills training manual integrating DBT, ACT, behavioral activation and motivational interviewing / / Dr. Mark Carlson
Pubbl/distr/stampa	Chichester, England : , : Wiley-Blackwell, , 2014 ©2014
ISBN	1-118-81844-X 1-118-81862-8
Edizione	[1st edition]
Descrizione fisica	1 online resource (251 p.)
Classificazione	PSY028000
Disciplina	616.89/0472
Soggetti	Chronic pain - Treatment Cognitive therapy Evidence-based psychotherapy Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Title page; Copyright page; Contents; Acknowledgments; Chapter 1: Introduction to Comorbid Mental Health and Chronic Pain; Health Care Costs; Chronic Pain and Function; Medical Interventions; Pharmacotherapy; Physical therapy; Cognitive Behavioral Therapy; Multimodal interventions; Current psychological treatment modalities and levels of care; Chapter 2: Treatment Organization, Outline, and Structure of the Program; The TAG Program for Chronic Pain and Psychological Well-Being - Structure, Purpose, and Rationale; Group/session structure; Curriculum overview Sources and recommended readings Suggested program/treatment outcome measures; Chapter 3: Clinical Manual for TAG Program; Biological Curriculum; Goal setting and motivation; Functioning and loss; Sleep; Emergence and patterns; Adherence to treatment protocols; Complexity; Session focus: Working with your team; Psychological Curriculum; Orientation to change; Readiness to change; Depression; Anxiety; First step toward change; Anger management; Attending to distress; Meaning and pain; Stress management; Defense mechanisms

and coping styles; Stigma; Chemical abuse; Lifespan issues
Managing flare-upsSocial Curriculum; Managing conflict; The 3 Is: Identity/Isolation/Insecurity; Problem-solving; Nurturing support systems; Social roles in relationships; Intimacy; Styles of Interacting; Chapter 4: Handouts and Homework; Goal Setting Handout; Vision of Recovery (VOR); Goals; Objectives; Vision of Recovery; Goal Setting Homework; Skills Implementation Plan; Building a Routine Handout; Maintaining a Sleep Hygiene Routine Handout; Sleep Hygiene Homework; Baseline Assessment Form Handout; Baseline Assessment Form Homework; Self-Advocacy Homework (Medical Comprehensiveness)
My Story - Part 1My Story - Part 2; Behavior Chain Analysis; Keep It Real Handout; Keep It Real Homework; Preparing for an Appointment Handout; Control vs Influence Homework; Readiness to Change Handout; Scheduling Positive Events Homework; Pleased Homework; First Step toward Change Homework; Beliefs about Anger Homework; Managing Conflict Homework; Attributions Homework; Finding Meaning and Purpose Homework; Physical pain; Social pain; Psychological pain; Spiritual pain; Guided Imagery Handout (Holtberg 2013); A scene for guided imagery; Progressive Muscle Relaxation Handout (Holtberg 2013)
Defense Mechanisms and Coping Styles HandoutDefense Mechanisms and Coping Styles Homework; Stigma Homework; Living Life on Life's Terms Homework; Chemical Abuse Handout; Identifying My Developmental Tasks Homework; Ages and developmental tasks; Working toward Healthy Development Homework; Turning Fear and Inactivity into Action and Hope Homework; Managing Conflict Homework; The 3 Is Homework; Identity, insecurity, isolation; Individual-Based Problem-Solving Model Homework; Social-Based Problem-Solving Model; Barriers to Nurturing Support Systems; Social Roles in Relationships
Intimacy in Relationships

Sommario/riassunto

"The first clinical manual of evidence-based CBT skills for managing psychological issues associated with chronic pain, drawn from current approaches such as DBT, ACT, and motivational interviewing. The first skills training manual in the field of chronic pain and mental health disorders to provide an integrated session-by-session outline that is customizable for clinicians Adaptive and evidence-based - integrates skill sets from DBT, ACT, Behavioral Activation, and Motivational Interviewing to address the unique needs of individual chronic pain sufferers Clinicians can import the approach into their work, selecting the most appropriate skills and sessions, or create an entire therapeutic program with the manual as its foundation Includes invaluable measurement and tracking tools for clinicians required to report outcomes"--

"The first skills training manual in the field of chronic pain and mental health disorders to provide an integrated session-by-session outline that is customizable for clinicians"--
