

The Role of Behavioral Health in Chronic Pain Management

Families are often uncertain about the role of behavioral health in pain management. Cognitive Behavioral Therapy (CBT) is a widely researched, time-limited therapeutic approach that has been shown to be effective for managing pain and other related conditions. CBT management of chronic pain, either alone or as a part of an integrated pain management program is successful for improving how well you function over time. Evidence suggests that improved functioning also improves quality of life for a variety of chronic pain conditions.

CBT is a talk therapy where the therapist works with a patient to analyze and redirect thoughts, feelings, and behaviors related to headache and response to headache in a way that improves management by learning new ways of using thoughts and behaviors to control how the brain responds to pain signals.

Key components of CBT for Pain:

Self-management training	Maintain exercise, sleep, nutrition, and hydration needs
Pacing	Learn to accomplish things in a thoughtful and systematic way
Relaxation Training biofeedback, hypnosis)	Techniques to reduce tension or stress (relaxation, mindfulness,
Cognitive Restructuring	Identify unhelpful thoughts and increase balanced thinking
Behavioral Activation	Increase ability to engage in activity

Referrals

- * Insurance benefits vary, and these therapies fall under mental health coverage, even though they are addressing a medical problem. Contact your insurance company for specific coverage information, or **call our intake office for assistance 801-313-7711**
- * Primary Children's offers a Pediatric Behavioral Health Clinic with clinicians who provide behavioral health services for chronic headache management. You can call our intake office to find out if this clinic might work for you.
- * If our clinic doesn't work for you, you can contact your insurance company and ask for behavioral therapy (CBT) for headache management.
- * If you already work with a therapist, give them this explanation to find out if they can provide these services or would like to consult with our team.

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