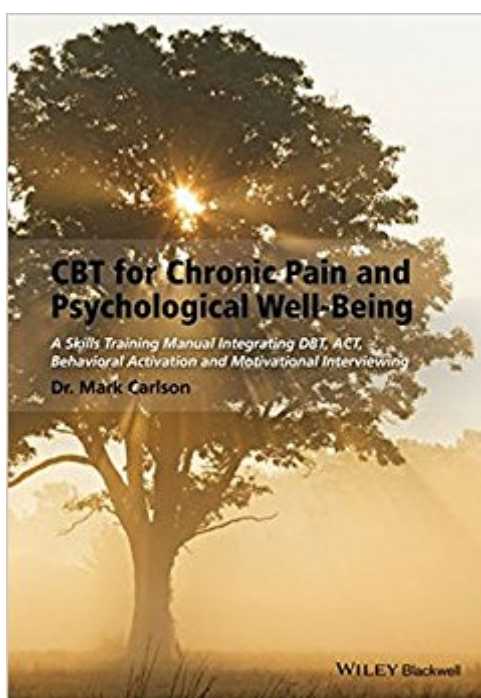


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# CBT For Chronic Pain And Psychological Well-Being: A Skills Training Manual Integrating DBT, ACT, Behavioral Activation And Motivational Interviewing



## Synopsis

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

## Book Information

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## Customer Reviews

CBT for Chronic Pain and Psychological Well-Being is the first clinical manual to target chronic pain and its associated psychological disorders by utilizing, adapting and combining skill sets from DBT, ACT and other evidence-based CBT approaches. Initial chapters present a comprehensive overview of key issues relating to comorbid mental health and chronic pain, and an introduction to the manual's innovative structure. Clinical materials are then provided in a session-by-session format, organized into sections that allow clinicians to select approaches to suit their preferences and meet the needs of individual clients. The text addresses common problems such as depression, anxiety, anger, sleep problems, chemical abuse, and more, and includes important information

relating to issues of motivation, compliance and self-reliance. Integrating skills from a variety of approaches, CBT for Chronic Pain and Psychological Well-Being offers invaluable practical information for the alleviation and treatment of the diverse psychological issues associated with chronic pain.

Mark R. Carlson is Founder, President, CEO, and co-owner of Mental Health Systems (MHS), Minnesota. He is also Vice-President of the Dialectical Behavior Therapy National Certification and Accreditation Association (DBTNCAA) and Adjunct Professor in Psychology at Argosy University, Twin Cities. He served as the Clinical Director of multiple clinics before leaving to found MHS.

Great material for this population! Nice blend of theory and practice.

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