

COPING WITH CHRONIC PAIN

A GUIDE TO
PATIENT SELF-MANAGEMENT

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Foreword by Dennis C. Turk

Coping With Chronic Pain A Guide To Patient Selfmanagement

Bok Y. Lee, Lee E. Ostrander



Coping With Chronic Pain A Guide To Patient Selfmanagement:

Coping with Chronic Pain Richard W. Hanson, Kenneth E. Gerber, 1990 Researchers from diverse disciplines have identified chronic pain as a critical national problem Despite its preponderance however definitive diagnosis of benign chronic pain is usually elusive and direct medical intervention is often ineffective Stressing self management Drs Hanson and Gerber offer an alternative approach to biomedical management or simply learning to live with it by presenting a comprehensive description of an integrated treatment approach for chronic pain sufferers The biopsychosocial perspective on the assessment and treatment of chronic pain that is described in this volume is based on the day to day operation of an effective outpatient pain clinic that evaluates clients about 1 3 of whom are treated in an intensive 21 day patient program The book opens with an explication of a theoretical model and a detailed description of its clinical implementation The model s application with patients is described with emphasis on the need for a flexible theoretical approach and individualized treatment which may include psychotherapy as an integral part of the self management paradigm The biomedical and biopsychosocial models are discussed in detail with respect to how they presume pain mechanisms operate how each views the phenomenology of the pain experience and what are considered appropriate interventions It is demonstrated how rather than focusing on repairing mechanical breakdowns in the body machine the biopsychosocial model concentrates on the individual with chronic pain How a person appraises reacts to and copes with the problem and its treatment are considered crucial issues The sociocultural context of the patient is also taken into account The evaluation and preparation of patients for self management training is explicated Topics include the reciprocal interactions among physical sensations cognitive factors emotional responses overt behavior and socioenvironmental features The neurophysiological underpinnings of this model are briefly discussed common self management goals are summarized and essential targets for change such as dysfunctional action tendencies perceptions of uncontrollability and self focused attention are delineated Complete chapters cover the critical issues of physical activity reconditioning attentional refocusing and a non narcotic preventive approach for acute pain episodes Another chapter addresses administrative budgetary and staff issues for operating a comprehensive pain center Providing a flexible and comprehensive approach that is particularly effective for chronic pain sufferers but is also applicable to all types of illness this volume will be of value to psychologists physicians nurses social workers and physical therapists Ancillary health care professionals and administrators will also find much of interest

Handbook of Coping Moshe Zeidner, Norman S. Endler, 1995-12-12 how a man rallies to life s challenges and weathers its storms tells everything of who he is and all that he is likely to become St Augustine It has long been understood that how a person adjusts to life stresses is a major component of his or her ability to lead a fulfilling life Yet it wasn t until the 1960s that coping became a discrete topic of psychological inquiry Since then coping has risen to a position of prominence in the modern psychological discourse especially within the personality cognitive and behavioral spheres and within the past decade alone many

important discoveries have been made about its mechanisms and functioning and its role in ongoing psychological and physical health and well being A book whose time has come at last the Handbook of Coping is the first professional reference devoted exclusively to the psychology of coping Reporting the observations and insights of nearly sixty leading authorities in stress and coping from a wide range of affiliations and schools of thought it brings readers the state of the art in coping theory research assessment and applications In orchestrating the book the editors have scrupulously avoided imposing any particular slant or point of view other than the need to foster greater eclecticism and cooperation between researchers and clinicians concerned with the phenomenon of coping The Handbook of Coping is divided into five overlapping parts the first of which serves to lay the conceptual foundations of all that follows It traces the history of coping from its origins in psychoanalytic theories of unconscious defense mechanisms and provides an exhaustive review of the latest conceptualizations models and constructs The following section provides an in depth exploration of current research methodology measurement and assessment tools Part Three explores key facets of coping in a broad range of specific domains including everyday hassles chronic disease cataclysmic events and many others The penultimate section focuses on individual differences Among important topics covered here are coping styles and dispositions the role of family social support and education and coping behaviors across the life span The final section Part Five is devoted to current applications Clinical parameters are defined and a number of specific interventions are described as are proven techniques for helping clients to improve their coping skills A comprehensive guide to contemporary coping theory research and applications the Handbook of Coping is an indispensable resource for practitioners researchers students and educators in psychology the health sciences and epidemiology Of related interest EGO DEFENSES Theory and Measurement Edited by Hope R Conte and Robert Plutchik This book explores the nature and manifestations of defense mechanisms and traces ego defense theory and research from Freud s initial conceptualization through recent work in object relations theory and other psychoanalytically oriented approaches It provides clinical guidelines for diagnosing assessing and dealing with defenses reviews empirical research techniques and indicates their value in development and in psychotherapy This volume should be of value to theoreticians clinicians and researchers interested in finding appropriate tools for measurement of defense mechanisms 1994 SOCIAL SUPPORT An Interactional View Edited by Barbara R Sarason Irwin G Sarason and Gregory R Pierce The study of social support and its relationship to personality health and adjustment is one of the fastest growing areas of research and application in psychology This book contains integrative surveys of clinical and field studies experimental investigations and life span explorations It approaches social support as an important facet of interpersonal relationships and shows its undesirable as well as its positive features 1990 0 471 60624 3 528 pp **Integration of Behavioral and Relaxation Approaches Into the Treatment of Chronic Pain and Insomnia** Martha Glock,1995 **Handbook of Pain Syndromes** Andrew R. Block,Ephrem Fernandez,Edwin Kremer,2013-05-13 Pain syndromes involve a complex interaction of medical and

psychological factors In each syndrome unique physiological mechanisms are mediated by emotional states personality traits and environmental pressures to determine the nature and extent of pain complaints and pain related disability The Handbook addresses the complexities of chronic pain in three ways Section I describes general concerns that cross cut the different syndromes such as the use of narcotic pain medications the detection of deception and malingering and the epidemiology of pain Section II presents comprehensive reviews of a wide range of pain syndromes Each covers basic pathophysiology psychological factors found to influence the course of the syndrome and syndrome specific multidisciplinary treatment approaches Most of the Section II chapters are coauthored by psychologists and physicians Section III discusses pain in special populations including the elderly and children The Handbook is the most up to date comprehensive and integrated single volume resource for all those professionally concerned with pain Current Bibliographies in Medicine ,1988

Handbook of Health and Rehabilitation Psychology Anthony J. Goreczny,2013-11-11 Despite medical technological advances the major killers with which we must currently contend have remained essentially the same for the past few decades Stroke cancer and heart disease together account for the vast majority of deaths in the United States In addition due to improved medical care many Americans who would previously have died now survive these disorders necessitating that they receive appropriate rehabilitation efforts One result of our own medical advances is that we must now accept the high costs associated with providing quality care to individuals who develop one of these problems and we must avail ourselves to assist of afflicted individuals families Despite the relative stability of causes of death and disability the health care field is currently experiencing tremendous pressures both from professionals with in the field who desire more and better technology than is currently available and from the public and other payers of health care e g insurance companies who seek an end to increasing health care costs These pressures along with an increased emphasis on providing evidence of cost effectiveness and quality assurance are substantially changing the way that health care professionals perform their jobs

Handbook of Prescriptive Treatments for Adults Robert T. Ammerman,Michel Hersen,2013-11-11 This book could not have been conceptualized or published 20 years ago Indeed it is doubtful that we could have organized the material for this handbook 10 years ago Over the last 20 years however the painstaking efforts of many clinical researchers working with a variety of resistive psychopathologies have resulted in specific psychotherapies and pharmacotherapies that are effective with a significant proportion of patients at least for some of the disorders Much clinical research remains to be carried out in the forthcoming decades But now that we are nearing the 21st century at least some statement about efficacy can be made In 1967 Gordon Paul succinctly stated that the ultimate goal of treatment outcome research is to determine What treatment by whom is most effective for this individual with that specific problem and under which set of circumstances p 111 At that time empirical evaluations of psychosocial and pharmacologic treatments were few and far between Methodological strategies for determining treatment effectiveness were also in the formative stage as exemplified by introduction of control groups that

received inactive interventions i.e placebo and the relatively recent practice of comparing two or more treatments in addition to placebo In the almost three decades since Paul's oft quoted dictum both the quantity and the quality of treatment outcome research with adults have increased dramatically *Practitioner's Guide to Clinical Neuropsychology* Robert M. Anderson Jr., 2012-12-06 The author has written an easily accessible summary of neuropsychological tests neuropsychiatric disorders and the relationships of test performance to disorder and treatment strategy This ready reference provides neuropsychologists with an understanding of the medical context within which neuropsychological evaluation and psychosocial therapy takes place *Cambridge Handbook of Psychology, Health and Medicine* Andrew Baum, 1997-09-25 A unique encyclopaedic handbook in this expanding field draws on international and interdisciplinary expertise Mastering Chronic Pain Robert N. Jamison, 1996 The Professional's Guide describes a structured time limited and group based pain program built on the principles of cognitive behavioral therapy and rehabilitation Includes many forms illustrations questionnaires checklists and letters which may be copied for use with your patients **Psychosocial Aspects of Disability** Irmo Marini, Noreen M. Graf, Michael Millington, 2011-07-27 What a marvelous and amazing textbook Drs Marini Glover Graf and Millington have done a remarkable job in the design of this highly unique book that comprehensively and very thoughtfully addresses the psychosocial aspects of the disability experience These highly respected scholars have produced a major work that will be a central text in rehabilitation education for years to come From the Foreword by Michael J Leahy Ph D LPC CRC Office of Rehabilitation and Disability Studies Michigan State University This is an excellent book but the best parts are the stories of the disabled which give readers insights into their struggles and triumphs Score 94 4 Stars Doody's Medical Reviews What are the differences between individuals with disabilities who flourish as opposed to those who never really adjust after a trauma How are those born with a disability different from individuals who acquire one later in life This is the first textbook about the psychosocial aspects of disability to provide students and practitioners of rehabilitation counseling with vivid insight into the experience of living with a disability It features the first person narratives of 16 people living with a variety of disabling conditions which are integrated with sociological and societal perspectives toward disability and strategies for counseling persons with disabilities Using a minority model perspective to address disability the book focuses on historical perspectives cultural variants regarding disability myths and misconceptions the attitudes of special interest and occupational groups the psychology of disability with a focus on positive psychology and adjustments to disability by the individual and family A wealth of counseling guidelines and useful strategies are geared specifically to individual disabilities Key Features Contains narratives of people living with blindness hearing impairments spinal cord injuries muscular dystrophy polio mental illness and other disabilities Provides counseling guidelines and strategies specifically geared toward specific disabilities including dos and don'ts Includes psychological and sociological research relating to individual disabilities Discusses ongoing treatment issues and ethical dilemmas for rehabilitation counselors

Presents thought provoking discussion questions in each chapter Authored by prominent professor and researcher who became disabled as a young adult *Beyond Pain* Pat Schofield,2006-02-22 This book explains the mechanisms that cause pain the impact pain has on patients and their families and the different approaches that can be used to help people with ongoing pain The contributors are all leading nurse specialists in the field and topics covered include the effects of nutrition on pain massage acupuncture and other complementary therapies pain in older people and future developments Learning points are included throughout the book *Life Care Planning and Case Management Handbook, Third Edition* Roger O. Weed,2004 Life Care Planning and Case Management Handbook Second Edition brings together the many concepts beliefs and procedures regarding life care plans into one state of the art publication This second edition of a bestseller is focused on prioritizing and managing the spectrum of services for people with serious medical problems and their families Keeping up with advances in the field this is the most comprehensive reference for everyone concerned with coordinating evaluating assessing and monitoring care *Life Care Planning and Case Management Handbook* Subrata Ghatak,2009-09-21 Life Care Planning is an advanced collaborative practice concerned with coordinating accessing evaluating and monitoring necessary services for individuals with significant medical adversity This handbook provides a comprehensive resource for all people involved with catastrophic impairments who need to solve complex medical care problems Upda **Managing Chronic Pain** Siang-Yang Tan,1996 If you suffer from pain or know someone who does this book has been written to help you understand how to better manage chronic pain You will learn the gate control theory of pain and the pathways and chemicals involved You will explore the whole range of methods that have proven helpful Drugs surgeries cognitive coping skills sensory modulation and relaxation techniques are dealt with in practical understandable terms You will also find here a Christian perspective on suffering healing and the grace and power of God From years of study Siang Yang Tan gathers data and offers strategies for coping with the pain that cannot be altogether eliminated A practical handbook for health care professionals spiritual counselors and people who live with pain *Behavioral and Psychopharmacologic Pain Management* Michael H. Ebert,Robert D. Kerns,2010-11-25 Pain is the most common symptom bringing a patient to a physician s attention Physicians training in pain medicine may originate from different disciplines and approach the field with varying backgrounds and experience This book captures the theory and evidence based practice of behavioral psychotherapeutic and psychopharmacological treatments in modern pain medicine The book s contributors span the fields of psychiatry psychology anesthesia neurology physical medicine and rehabilitation and nursing Thus the structure and content of the book convey the interdisciplinary approach that is the current standard for the successful practice of pain management The book is designed to be used as a text for training fellowships in pain medicine as well as graduate courses in psychology nursing and other health professions **Bonica's Management of Pain** Scott M. Fishman,2012-03-29 Now in its Fourth Edition with a brand new editorial team Bonica s Management of Pain will be the leading textbook and clinical reference in the field of pain

medicine An international group of the foremost experts provides comprehensive current clinically oriented coverage of the entire field The contributors describe contemporary clinical practice and summarize the evidence that guides clinical practice Major sections cover basic considerations economic political legal and ethical considerations evaluation of the patient with pain specific painful conditions methods for symptomatic control and provision of pain treatment in a variety of clinical settings

Introduction to Quantitative EEG and Neurofeedback Thomas H. Budzynski, Helen Kogan Budzynski, James R. Evans, Andrew Abarbanel, 2009-03-13 The study of Quantitative EEGs and Neurofeedback offer a window into brain physiology and function via computer and statistical analyses suggesting innovative approaches to the improvement of attention anxiety mood and behavior Resources for understanding what QEEG and Neurofeedback is how they are used and to what disorders and patients they can be applied are scarce and this volume serves as an ideal tool for clinical researchers and practicing clinicians providing a broad overview of the most interesting topics relating to the techniques The revised coverage of advancements new applications e g Asperger's music therapy LORETA etc and combinations of prior approaches make the second edition a necessary companion to the first The top scholars in the field have been enlisted and contributions will offer both the breadth needed for an introductory scholar and the depth desired by a clinical professional Detailed new protocols for treatment of anxiety depression ADHD and PTSD Newest protocol in Z score training enables clinicians to extend their practices LORETA diagnostic tool lets the clinician watch for changes deep in the brain through working with surface EEG patterns

Topical Issues in Pain 2 Louis Gifford, 2013-09 This is the second volume in the series stimulated by deriving from the work and study days of the Physiotherapy Pain Association This volume is about some fundamental changes in practice which aim to prevent chronic incapacity from musculoskeletal pain problems It is also about our relationships with our patients and theirs with their pain and their families As such the information provided is essential to all professions involved in physical rehabilitation and prevention of chronic incapacity When practice changes there is a necessary extension of traditional thinking into new territories and new skills to be taken on In particular all the chapters in this book underline the recognition that while musculoskeletal pain has a biomedical origin there are also important psychosocial components that require management within a biopsychosocial framework Authors provide background knowledge and practical guidance to help readers integrate the biopsychosocial model and biopsychosocial assessment into patient management The material in this book is as important to the management of acute pain as it is to chronic pain states Importantly the book is not about categorising patients as having either real or not real pain It represents a determined effort by all the authors to present clinicians with tools that will help them to better understand their patients help prevent them becoming disabled and help most to lead far more active and productive lives no matter how complex the presentation Volumes in the Topical Issues in Pain series are written by clinicians for clinicians Each volume reviews the literature and presents best practice in a lively and understandable text All clinicians will benefit from the straightforward

advice I look forward to this series and to the activities of the Physiotherapy Pain Association because they promise to revolutionise the morale dignity and way of thinking of physiotherapists and thereby to affect everyone concerned with pain

Patrick Wall Physiotherapy 95 2 101 2 **The Spinal Cord Injured Patient Comprehensive Management, Second Edition** Bok Y. Lee, Lee E. Ostrander, 2002

The first goal in this edition of the book remains as in the first edition to cover the broad issues involved in the care of the spinal cord injured patient The second goal is to provide an evaluation of spinal cord injury by experts who are deeply involved with various aspects of spinal cord injury management Included in this new and revised edition are chapters devoted to three significant areas of development particularly upper limb reconstruction the use of electrical stimulation and neuronal preservation after ischemic injury New chapters review the state of exercise standing and walking systems using electrical stimulation and the important and emerging topic of neuronal preservation after ischemic injury The scope of this book includes diagnostic methods evaluation methods spinal cord injury pathophysiology medical surgical management rehabilitation and issues of specialized care This book is a compendium of otherwise difficult to assemble knowledge replete with time tested methods as well as with contemporary developments in the form of new ideas techniques and concepts

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