



Psychological Approaches to Pain Management: A Practitioner's Handbook

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In recent years, research on psychological factors that contribute to pain has led to the development of a number of effective pain management approaches and techniques. This practical, hands-on guide provides state-of-the-art information on the latest treatment strategies, including operant conditioning, cognitive-behavioral treatment, psychodynamic psychotherapy, biofeedback and relaxation therapy, hypnosis and imagery, group therapy, and pharmacotherapy. Filled with detailed clinical material, the text shows how to specifically tailor psychological treatment programs to patients suffering from a wide range of pain problems.

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