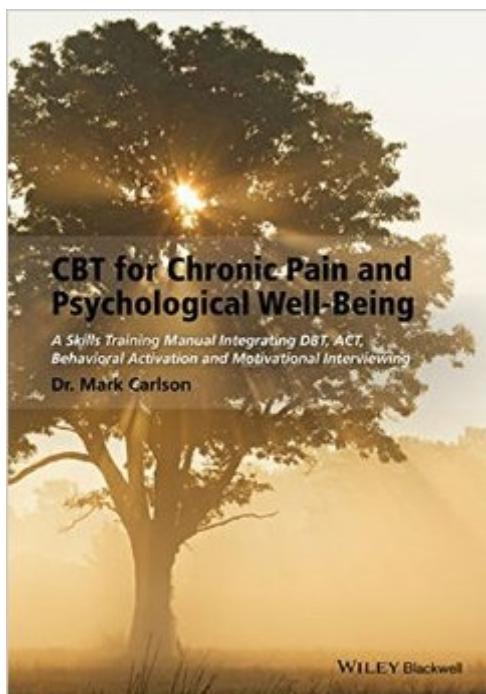


The book was found

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

Paperback: 250 pages

Publisher: Wiley-Blackwell; 1 edition (June 3, 2014)

Language: English

ISBN-10: 1118788818

ISBN-13: 978-1118788813

Product Dimensions: 6.8 x 0.5 x 9.6 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (1 customer review)

Best Sellers Rank: #438,638 in Books (See Top 100 in Books) #53 in Books > Medical Books > Psychology > Movements > Cognitive Behavioral Therapy #77 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Pain #1318 in Books > Medical Books > Psychology > Psychotherapy, TA & NLP

Customer Reviews

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

[Download to continue reading...](#)

CBT for Chronic Pain and Psychological Well-Being: A Skills Training Manual Integrating DBT, ACT, Behavioral Activation and Motivational Interviewing Motivational Interviewing in Nutrition and Fitness (Applications of Motivational Interviewing (Hardcover)) Motivational Interviewing: Helping People Change, 3rd Edition (Applications of Motivational Interviewing) Motivational Interviewing, Third Edition: Helping People Change (Applications of Motivational Interviewing) Motivational Interviewing

in Health Care: Helping Patients Change Behavior (Applications of Motivational Interviewing (Paperback)) Motivational Interviewing in Diabetes Care (Applications of Motivational Interviewing (Paperback)) Motivational Interviewing in Health Care: Helping Patients Change Behavior (Applications of Motivational Interviewing) by Rollnick, Stephen, Miller, William R., Butler, Christopher C 1st (first) Edition (2008) Motivational Interviewing in Health Care: Helping Patients Change Behavior (Applications of Motivational Interviewing) Emotion Efficacy Therapy: A Brief, Exposure-Based Treatment for Emotion Regulation Integrating ACT and DBT Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) DBT® Skills in Schools: Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A) (Guilford Practical Intervention in the Schools) Presurgical Psychological Screening in Chronic Pain Syndromes: A Guide for the Behavioral Health Practitioner Cognitive Behavioral Therapy (CBT): Easy Self Help Guide: Simple Steps To Conquer Anxiety, Depression, Phobias, Addictions, Negative Thoughts, Eating Disorders And Other Psychological Conditions Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Mindfulness-integrated CBT for Well-being and Personal Growth: Four Steps to Enhance Inner Calm, Self-Confidence and Relationships Defeat Chronic Pain Now!: Groundbreaking Strategies for Eliminating the Pain of Arthritis, Back and Neck Conditions, Migraines, Diabetic Neuropathy, and Chronic Illness Brain Inflammation in Chronic Pain, Migraine and Fibromyalgia: The Paradigm-Shifting Guide for Doctors and Patients Dealing with Chronic Pain (Inflammation Mastery & Functional Inflammology)

[Dmca](#)