



# Cognitive Therapy for Chronic Pain: A Step-by-Step Guide

*Beverly E. Thorn PhD*

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# Cognitive Therapy for Chronic Pain: A Step-by-Step Guide

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## **Cognitive Therapy for Chronic Pain: A Step-by-Step Guide** Beverly E. Thorn PhD

Grounded in state-of-the-art theory and research, this hands-on volume provides a complete cognitive-behavioral treatment program for clients suffering from chronic pain. Ten clearly organized modules for use with groups or individuals offer well-tested strategies for engaging clients, challenging distorted thoughts and beliefs about pain, and helping to build needed skills for coping and adaptation. Also featured are a detailed theoretical and empirical rationale, along with guidelines for setting up treatment groups and conducting effective assessments. Presented in a large-size format for ease of photocopying and use, the book contains everything needed to implement the program, including numerous case examples and troubleshooting tips and over 40 reproducible session outlines, client handouts, and assessment tools.



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