



# Cognitive Therapy with Chronic Pain Patients

*Carrie Winterowd PhD, Aaron T. Beck MD, Daniel Gruener MD*

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This manual begins with an introduction to chronic, nonmalignant pain treatment and some of the main pain theories, as well as approaches to pain management . The core of the book delineates the application of Beck's cognitive therapy assessment and intervention strategies with this client population, and offers an easy-to-follow structured approach.

The book provides case examples and therapist-patient dialogues to demonstrate cognitive therapy in action and illustrate ways to improve collaborative efforts between practitioners and patients.

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