

Cognitive Behavior Therapy for Pain

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CBPM v. Pharm

CPBM	Pharmacological
Multiple CBPM techniques can be used with no risk of addiction or overdose	Medications don't always provide full relief, and both providers and patients have concerns about addiction and OD
Patient feels a sense of control	Pain control is dependent on meds
Techniques can be used regularly for overall pain reductions and in the moment for more urgent pain relief	There are limitations to the amount and frequency with which medications can be taken.
CBPM is associated with reductions in pain severity and emotional and quality of life improvements	Pain reductions are often not associated with commensurate improvement in physical and emotional functioning.

Key Concepts in Treating Pain

- The primary goal: Promote the adoption of an active approach to tackling the many challenges
- Helplessness  personal responsibility, self-control and confidence
- Challenge beliefs and teach ways to safely reintroduce enjoyable activities
- Team approach

Key Concepts in Treating Pain

- Increased functional activity is the primary goal.
- Rating pain is not recommended
- CBPM interventions should directly assess pain catastrophizing and pain acceptance
- Fear avoidance used to be considered important—not really vital
- Understand pain changes—alter your approach
- Work with the patient to pace activity

Values-Based Action

Values-based action encourages patients to do activities that fulfill their core values and are personally meaningful. Meaningful activities enrich life and make it more joyful. Even if they still experience pain, patients can live meaningful lives.

	Before	Now
Finding small ways to enjoy hobbies	Went fishing every Friday with a friend	Read a fishing magazine Share fishing memories with friends Visit the lake
Engaging in enjoyable activities in new ways	Planted and tended a full outdoor garden	Design an indoor garden Learn about a new variety of plants Tend an indoor her garden
Planning time with friends	Spontaneously went out to dinner often	Host a pot-luck at home Plan outings for when energy is high