

# Pain Management Psychotherapy: A Practical Guide

*By Bruce N. Eimer, Arthur Freeman*

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Pain Management Psychotherapy is the most up-to-date comprehensive guide available for the psychological treatment of chronic pain. It addresses the behavioral, emotional, sensory-physiological, cognitive, and interpersonal aspects of pain problems and provides accessible technical knowledge that enables practitioners to alleviate unnecessary pain and suffering. Based on sound research and theory and written by two leading practitioners, this book introduces a short-term therapy model for treating chronic pain that integrates clinical techniques drawn from cognitive therapy, hypnotherapy, behavior therapy, and desensitization therapies. This remarkably thorough volume:

- Supplies step-by-step treatment methods from initial consultation through termination of pain treatment
- Describes brief, solution-oriented pain treatment strategies that work in a managed care environment
- Features assessment and outcome measurement instruments, checklists, worksheets, and clinical scripts
- Demonstrates the latest therapeutic techniques, including eye movement desensitization and reprocessing, therapeutic imagery, relaxation training, and self-hypnosis
- Includes pain inventories, questionnaires, and other assessment tools

This book is an indispensable guide for psychologists, psychiatrists, social workers, and other mental health professionals who need fast, reliable methods for promoting pain relief. It is also an excellent text for undergraduate and graduate students in these and other disciplines, and a valuable reference for insurers, physicians, and managed care providers.

BRUCE N. EIMER, PhD, ABPP, a leading pain management therapist, clinical

psychologist, and neuropsychologist, is in private practice in Philadelphia. Dr. Eimer is a Diplomate in Behavioral Psychology of the American Board of Professional Psychology, and a Diplomate of the American Academy of Pain Management. He is a member of the American Psychological Association, American Pain Society, International Association for the Study of Pain, and a Certified and Approved Consultant in Clinical Hypnosis of the American Society of Clinical Hypnosis. Dr. Eimer lectures frequently and gives seminars and workshops on pain management and other psychological topics.

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### **Pain Management Psychotherapy: A Practical Guide By Bruce N. Eimer, Arthur Freeman Bibliography**

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## **Editorial Review**

### **From the Publisher**

This practical step-by-step guide assists clinicians in treating patients with chronic or persistent pain beginning with their initial consultation and continuing through termination of treatment. Features the latest therapy techniques such as eye movement desensitization and reprocessing (EMDR), imaging, relaxation and self-hypnosis. Pain inventories, questionnaires and other assessment tools are provided to assist in defining and managing patient problems.

### **From the Inside Flap**

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### **From the Back Cover**

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**Laura Enriquez:**

Reading can called thoughts hangout, why? Because while you are reading a book mainly book entitled Pain Management Psychotherapy: A Practical Guide your thoughts will drift away trough every dimension, wandering in every single aspect that maybe mysterious for but surely will end up your mind friends. Imaging every word written in a reserve then become one web form conclusion and explanation that will maybe you never get previous to. The Pain Management Psychotherapy: A Practical Guide giving you one more experience more than blown away the mind but also giving you useful data for your better life within this era. So now let us demonstrate the relaxing pattern this is your body and mind are going to be pleased when you are finished reading it, like winning a casino game. Do you want to try this extraordinary shelling out spare time activity?

**Helen Jackson:**

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