

Pain Management Psychotherapy

A Practical Guide

Bruce N. Eimer Arthur Freeman

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- 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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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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From reader reviews:

Lauren Cook:

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Laura Enriquez:

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Helen Jackson:

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