

# Pain Management Psychotherapy: A Practical Guide

[Bruce N. Eimer](#), [Arthur Freeman](#)

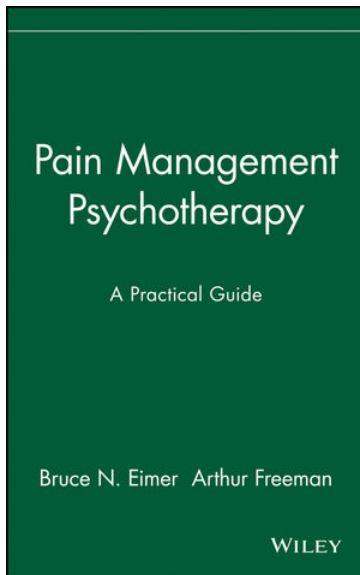
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## Author Information

**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.

**ARTHUR FREEMAN, EdD, ABPP**, is Professor and Chair of the Department of Psychology at the Philadelphia College of Osteopathic Medicine and Past President of the Association for the Advancement of Behavior Therapy. He has published seventeen books and forty papers and chapters. He is coauthor of *Cognitive Therapy of Suicidal Behavior* and coeditor of the *Comprehensive Casebook of Cognitive Therapy*. Dr. Freeman holds diplomates in clinical and behavioral psychology of the American Board of Professional Psychology and is a Fellow of the American Psychological Association.



## Book Description

Chronic and persistent pain syndromes are as much behavioral and psychological problems as physical or medical problems. Mental health professionals involved in pain management must have a thorough knowledge of the latest pain management techniques in order to select the best methods and strategies for helping each patient cope with pain.

This book, *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.

"This is a practical and informative text that will be of great use to psychologists and psychiatrists who treat people with chronic pain. It is one of the most, specific, helpful, and user friendly volumes on pain management." —Dennis C. Turk, PhD

John & Emma Bonica Professor of Anesthesiology and Pain Research University of Washington

"A remarkable, comprehensive, and practical guide for pain management therapy. Everything you wanted to know about the cognitive-behavioral treatment of people with severe pain problems is exceptionally well presented in this book." — Albert Ellis, PhD, President Albert Ellis Institute for Rational Emotive Behavior Therapy Author, *A Guide to Rational Living*

"Pain Management Psychotherapy makes a strong contribution to the clinical literature. It provides a clear overview of the management of persistent pain and offers insight into the psychological and interpersonal nightmare experienced by pain patients. This important work will help therapists better understand and treat chronic debilitating pain." — Richard S. Weiner, PhD, Executive Director America On Academy of Pain Management

"An exceptional handbook. Clinicians will emerge knowing how to mitigate the suffering of people in pain." — Arnold A. Lazarus, PhD, ABPP Distinguished Professor of Psychology Emeritus Rutgers University Author, Brief But Comprehensive Psychotherapy

"A definitive and comprehensive text for assessing and treating patients suffering acute, subacute, or chronic pain. I heartily endorse and recommend this text to students and practitioners alike." — C. David Tollison, PhD Editor, The Handbook of Pain Management

"Pain Management Psychotherapy has the best psychological techniques for the care of the chronic pain patient, which includes cognitive-behavioral, EMDR, and hypnosis therapy. This book should be in the library of every clinician who treats chronic pain." — Dabney M. Ewin, MD, FACS. Diplomate, American Board of Surgery Diplomate, American Board of Medical Hypnosis

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