



COGNITIVE BEHAVIORAL THERAPY FOR CHRONIC PAIN

DESCRIPTION

Cognitive Behavioral Therapy (CBT) for Chronic Pain is a program that utilizes a structured approach beginning with an interview and assessment session. Through the 10 skills-based therapy sessions, individuals will begin to develop the skills necessary to gain a sense of control over their chronic pain. Using a therapeutic relationship CBT for Chronic Pain encourages individuals to adopt an active, problem-solving approach to cope with challenges associated with chronic pain. Exercise, pacing, and relaxation techniques are incorporated into this program. Additionally, individuals will also learn to reduce the negative impact of pain on daily life, improve physical and emotional functioning, and increase effective coping skills .

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions.

NEEDS

Medical

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **CBT for Chronic Pain** must be delivered by a Mental Health Clinician.