

## About Cognitive Behavior Associates



Cognitive Behavior Associates is one of the largest cognitive behavior therapy practices in southern California. We specialize in short-term, problem-focused therapy. Our cognitive behavior therapy (CBT) treatments are individualized for a full range of psychological disorders.

All of our clinicians are licensed to practice in the state of California and practice the most current treatments supported by empirical research. Each clinician differs in areas of expertise and interest, and these factors are taken into account when matching a client with a clinician.

It is our philosophy that a patient who is well-informed about their disorder will be more successful in therapy. We try to make use of a collaborative relationship between the client and the therapist, as well as consultation with all other health care providers. Being as clear as possible about what treatment will consist of allows us to provide the best quality services to each of our clients.

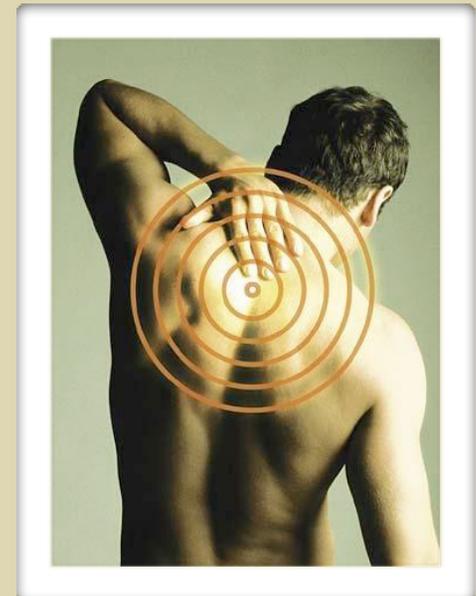
[www.cognitivebehaviorassociates.com](http://www.cognitivebehaviorassociates.com)

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### Back to Life: Managing Your Pain

**A Cognitive-Behavioral Treatment Program  
for Chronic Pain Management**



## About Chronic Pain

**Chronic pain** is a serious & widespread problem:

- \* 40% of the adult population, or 116 million people suffer from **chronic pain**.
- \* \$635 billion is wasted each year in medical, legal, lost wage and productivity costs.

If you are in pain, the effect on your life can be devastating. You may feel that pain has taken over your life, crept into every corner, and now destroys your sleep, dominates your mood, your self-esteem, your ability to work, socialize, maintain relationships, or pursue your interests. Under such circumstances, it may be difficult to enjoy life at all.

Patients can go through a wide variety of medical interventions and yet their pain problem **has not been cured by traditional medical management**. Patients may have tried medication, injections, surgery, or physical therapy, and yet have experienced only limited relief. More frustrating still is that the pain may continue long after the ailment has apparently healed. Often people on this path become increasingly frustrated, angry, helpless, hopeless, depressed, and anxious about their pain.



## Back to Life: Managing Your Pain Key Components

### Psychoeducation:

- \* Teaches about the nature and physiology of pain, sources of pain, why you might have pain even after the ailment is apparently healed
- \* Teaches how to mobilize the body's powerful pain killing endorphins

### Cognitive Behavior Therapy:

- \* Works by showing clients how to replace unhelpful thoughts that increase pain with more helpful, positive thoughts
- \* Mindfulness-based/Acceptance strategies help patients to have a more meaningful life that is not defined by their pain

### Communication and Assertiveness Skills:

- \* Helps by improving relationships, which have often been severely impacted by the presence of pain or disability
- \* Reduces stress from poor communication with caregivers, doctors, employers

### Relaxation Response:

- \* Teaches how to control and reduce muscular tension, an important driver of pain
- \* Teaches how manipulation of focus and attention can reduce pain

For more information about our Back to Life: Managing Your Pain program or to schedule an appointment, please contact us at **(310) 858-3831**.

## About Back to Life: Managing Your Pain

**Back to Life: Managing Your Pain** is a Cognitive Behavioral Therapy program (CBT) designed specifically for patients with **chronic pain**. In 10 weekly sessions, clients will learn specific methods for controlling pain, how to stop the downward spiral of increasing emotional distress and impaired daily functioning and how to stop the negative thoughts, interpretations, beliefs and attitudes which contribute to their pain.

In numerous clinical studies, CBT has been shown to be highly effective in managing pain and improving the client's ability to function. The traditional view of **chronic pain** was that it was a symptom of an underlying physical ailment or pathology. However this view neglected the powerful influence that beliefs, attitudes, negative interpretations, mood, anxiety and behavior had on the experience and perpetuation of pain.



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