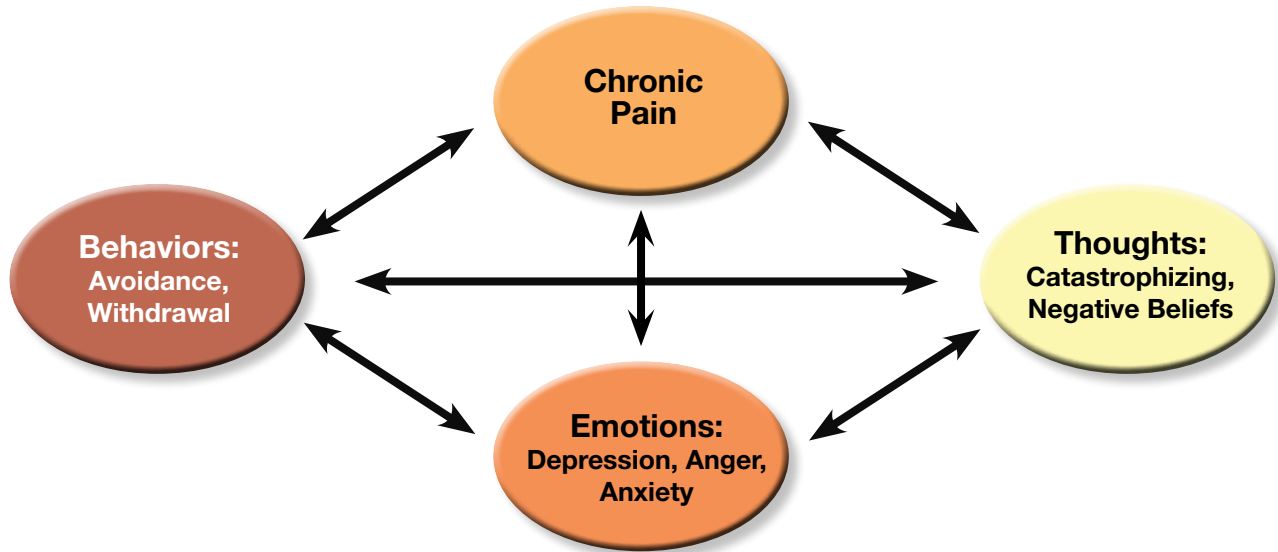


COGNITIVE BEHAVIORAL THERAPY for CHRONIC PAIN (CBT-CP)

Chronic pain may result in patterns of negative thoughts, feelings, and behaviors, which can, in turn, worsen the pain condition! The goal of CBT-CP is to target these maladaptive patterns in thinking and behaving so that alternative, more adaptive, pain coping skills can be learned. CBT-CP empowers individuals struggling with chronic pain to take an active approach to improving their functioning and addressing the negative impact of chronic pain on their lives.

THE CBT-CP MODEL



Remember:

- Chronic pain can impact every part of your life
- CBT-CP allows you to make the necessary changes to get your life back