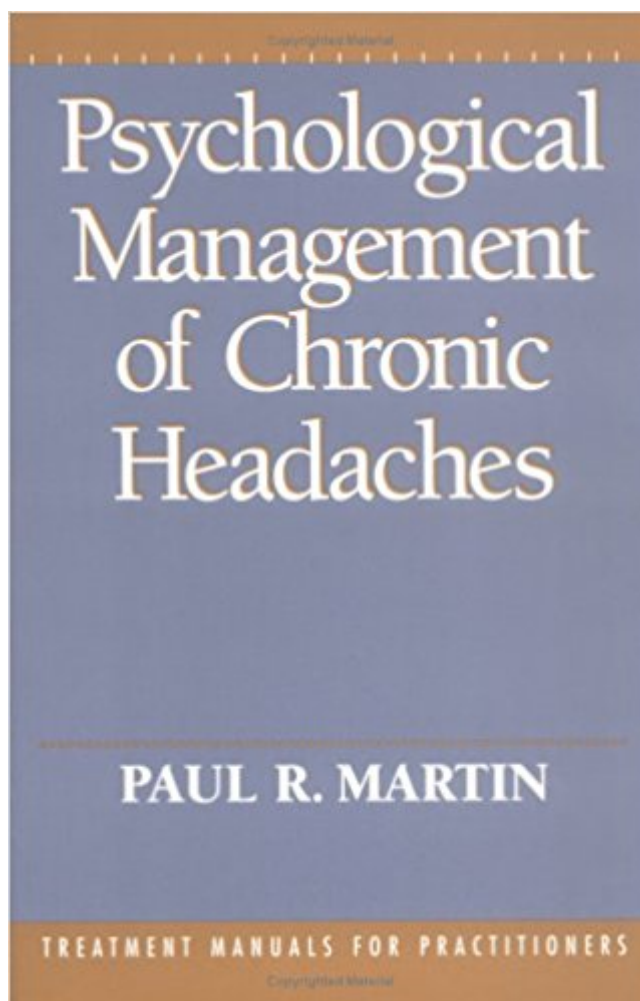


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# Psychological Management Of Chronic Headaches



## Synopsis

A significant number of individuals suffer from headaches intense enough to be physically debilitating, including migraines, tension-type, and combined or mixed headaches. Their severity resides not only in the pain they inflict but also in related problems such as anxiety, depression, and social withdrawal, as well as family difficulties resulting from coping with the sufferer's symptoms. This comprehensive volume reviews the psychological research literature and provides a detailed account of how to assess and manage these types of headaches. Taking into account the psychosocial and developmental context of each client, the book helps practitioners analyze the controlling factors that determine the changes in headache activity and develop an individualized plan for treatment, education, and relapse prevention. Case examples help illustrate the author's approach. Useful appendices include a Headache Classification System, Diagnostic Guidelines for Use with the Psychological Assessment of Headache Questionnaire, and a Preassessment Patient Information Sheet.

## Book Information

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## Customer Reviews

"This is an exceptional volume that succeeds in synthesizing research with treatment of the very common but extremely difficult problem of chronic headaches. Rarely does an author write a text that will be of equal interest to health care providers and clinical investigators. In this provocative book, Dr. Paul R. Martin provides a unique instance of the exception to the rule. He has written a

comprehensive and systematic review of the literature on chronic headaches specifying the many inconsistencies in the available research, identifying alternative explanations for the equivocal results of studies, and suggesting questions that remain to be answered. The systematic review and critique of the literature presented in this volume will provide clinical investigators with many new insights and should generate a multitude of research studies. On the basis of available data, Dr. Martin presents a functional approach to the assessment and treatment of chronic headaches that integrates current state of knowledge into a practical therapeutic intervention. Health care providers will find a great deal of assistance in their clinical activities. The clinical material is prescriptive and presented in sufficient depth so that it can be readily translatable into the practice of any health care provider. This outstanding volume should be required reading for any health care professional who conducts research or treats people with recalcitrant headaches. Dr. Martin has made a major contribution to our understanding of chronic headaches and suggested a practical and promising approach to treatment for this population." --Dennis C. Turk, Ph.D., University of Pittsburgh Medical Center

"This comprehensive survey of literature will serve as a helpful reference for clinicians and researchers interested in psychological factors in headache. The reader is likely to find much of interest here. The clinical advice offered is often provocative and helpful. The research summaries helpfully organize relevant findings. And the functional model of headache is likely to stimulate both clinicians and researchers to pay greater attention to variables that influence headache episodes. Irrespective of whether the reader accepts or rejects the functional model of headache Dr. Martin offers here, they are likely to find the research summaries and clinical material presented of interest." --Kenneth A. Holroyd, Ph.D., Ohio University

"Psychological Management of Chronic Headaches outlines a much-needed systemic perspective for the management of chronic headache disorders. The author carefully identifies the complex determinants of migraine and tension-type headache symptoms and provides the clinician with a functional framework for organizing interventions for the individual patient. The presentation is thorough and personal and reflects the author's extensive empirical and clinical experience with headache sufferers." --Donald Bakal, Ph.D., University of Calgary

Paul R. Martin, D. Phil., is associate professor of psychology at the University of Western Australia. He has been involved in headache research for many years and maintains a clinical practice with a specialty in behavioral medicine. A past President of the Australian Behaviour Modification Association, he has given a number of keynote addresses and workshops on headaches at international conferences.

I have found this book significantly informative and helpful in my work. I love it. The book had been recommended to me by a colleague. I'm glad I got it.

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