Brief Cognitive Behavioral Therapy for Chronic Pain

Brief Cognitive Behavioral Therapy for Chronic Pain (CBT-CP) is a biopsychosocial approach to help manage chronic pain. Brief CBT-CP aims to decrease distress and disability from pain and improve quality of life. It is safe for almost anyone and can be used in addition to other pain management strategies. It is a core part of a team-based approach to chronic pain in primary care.

Brief CBT-CP includes up to seven, one-to-one meetings of about 30 minutes each with an Internal Behavioral Health Consultant (IBHC). We ask that patients complete a minimum of three appointments. Treatment is spread out over several weeks, with appointments often scheduled every other week.

A new pain management skill is covered at each appointment based on the order you prefer. Key topics and skills include:

- Activity planning and pacing, which helps with avoiding a common pitfall of overexertion that causes a pain flare-up.
- Relaxation training, which will help to reduce tension in your body and manage distress.
- Cognitive coping, which will help with managing unhelpful thought patterns.
- Developing an action plan, which will help you move forward with meeting important personal goals based on new pain management skills.

Brief CBT-CP is flexibly structured around seven modules. **All patients complete the first two modules:**

- Module A: Assessment and Goal Setting
- Module B: Education and Relaxation Training 1

All patients also complete a **minimum of one additional module**, based on their goals:

- Module C: Activities and Pacing
- Module D: Relaxation Training 2
- Module E: Cognitive Coping 1
- Module F: Cognitive Coping 2
- Module G: The Pain Action Plan