Cognitive Behavioral Approach to Chronic Pain

One’s experience of chronic pain involves more than the pain itself. Chronic pain is best understood as an interaction between the physical components of pain, behaviors, thoughts, and emotions. Cognitive Behavioral Therapy for Chronic Pain (CBT-CP) focuses on these biopsychosocial interactions between thoughts, behaviors, and feelings that impact your chronic pain experience. As shown below, all of these pieces affect each other. The aim of this treatment is to help you develop adaptive coping skills so that you feel a greater sense of control over your life and your pain, and to improve your quality of life despite pain.

**Goals of Cognitive Behavioral Therapy for Chronic Pain (CBT-CP)**

- Increase your ability to perform activities and live a full life despite pain
- Improve physical and emotional functioning
- Decrease the frequency and impact of flare-ups
- Increase effective coping skills for managing pain
- Reduce pain intensity
- Improve quality of life despite the presence of pain