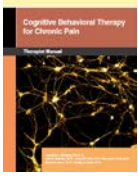
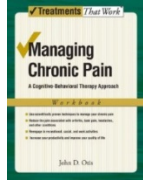


Cognitive Behavioral Therapy for Chronic Pain Resources

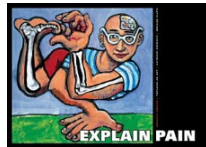
Books:



https://www.va.gov/PAINMANAGEMENT/docs/CBT-CP_Therapist_Manual.pdf



Treatments that Work: Managing Chronic Pain by John Otis 2007



Explain Pain 2nd Edition by David Sheridan Butler, G. Lorimer Moseley, Sunyata. 2003

Videos:

Eliot Krane: The Mysteries of Chronic Pain:

https://www.ted.com/talks/elliott_krane_the_mystery_of_chronic_pain

Lorimer Moseley: Why things Hurt:

<https://www.youtube.com/watch?v=gwd-wLdIHjs>

Arthur's Journey:

<https://www.youtube.com/watch?v=qX9FSZJu448>

A Car with 4 Flat Tires:

https://www.youtube.com/watch?v=W_vffF50E3c

Understanding Pain in 5 minutes or less:

https://www.youtube.com/watch?v=C_3phB93rvI

Websites:

Motivational Interviewing:

- <http://www.motivationalinterviewing.org/>
- <https://www.ncbi.nlm.nih.gov/books/NBK64964/>
- <https://store.samhsa.gov/product/TIP-35-Enhancing-Motivation-for-Change-in-Substance-Abuse-Treatment/SMA13-4212>
- <https://www.integration.samhsa.gov/clinical-practice/motivational-interviewing>

Chronic Pain:

- https://www.va.gov/PAINMANAGEMENT/docs/CBT-CP_Therapist_Manual.pdf
- <https://store.samhsa.gov/product/TIP-54-Managing-Chronic-Pain-in-Adults-With-or-in-Recovery-From-Substance-Use-Disorders/SMA13-4671>

Chronic Pain Adaptive Tools for Sexual Health:

The Liberator: (there are other brands as well online)

<https://www.liberator.com> sold at Target and on Amazon, among other places.

Various other Assistive Devices:

http://atwiki.assistivetech.net/index.php/Sexual_Positioning_Devices#DEVICES

Pleasure Able: Sexual Device Manual for Persons with Disabilities:

http://www.dhrn.ca/files/sexualhealthmanual_lowres_2010_0208.pdf