

Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy (CBT) is a leading treatment for chronic pain. CBT is a present-focused, problem-focused and action oriented therapy. The goal of CBT is to decrease pain and emotional distress while increasing function. CBT aims to decrease maladaptive behaviors, increase adaptive behaviors, identify and correct maladaptive thoughts and beliefs, and increase self-efficacy for pain management. It can also address mood, anxiety, and sleep disorders, which are often experienced by individuals with chronic pain.

Indications

- Chronic pain
- Acute or subacute pain at risk for chronic pain
- Anxiety
- Sleep disorders
- Phobias
- Addictions
- Depression

Contraindication

- CBT is safe and lacks the risks associated with chronic pain medications, surgeries, and interventional procedures.

How to order CBT for your patient

Cook Children's Pain Management clinic offers CBT to their chronic pain patients. If your patient has chronic pain and you would like them to be evaluated and treated in the pain clinic please place a referral for pain medicine in EPIC

Cook Children's ambulatory referral to behavioral health – Place EPIC referral and give patient intake form that prints with this order for instructions. The patient/family must initiate the referral by contacting the intake department at 682-885-3917 to complete the behavioral intake assessment.

Inpatient behavioral health consult – Place EPIC Inpatient Consult to Hospital Clinical Therapy. There is an option to specify the issue and can even indicate the desire/need for CBT.

Specific specialty such as H/O, Endo, etc. can order a clinical therapy consult and send it to their respective clinical therapist.

Community resources

- Psychology Today: <https://www.psychologytoday.com/us/therapists>
- Association for Behavioral and Cognitive Therapies (ABCT) www.findcbt.org
- Academy of Cognitive Therapy <https://www.academyofct.org/search/custom.asp?id=4410>

CBT is often covered by insurance. Recommend to your patient to check with their insurance company for a list of therapist covered by their plan.