

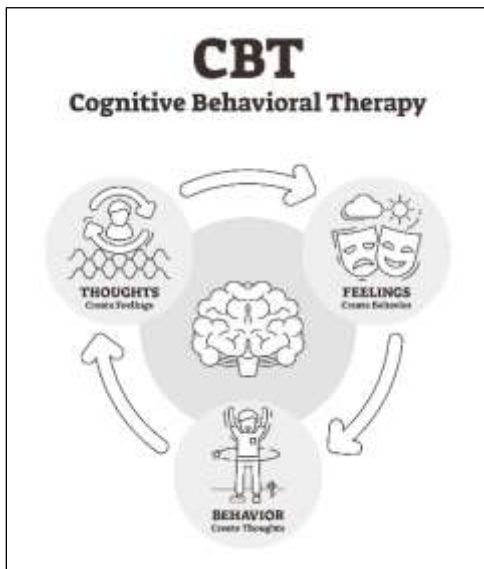
Cognitive behavioral therapy (CBT)

CBT is a research-proven therapy that teaches people how to manage thoughts and actions so they feel better emotionally and physically.

CBT therapy is different from traditional talk therapy. CBT is more focused on the present, has fewer sessions, and targets a specific problem.

With CBT, patients learn skills they can use for the rest of their lives. These skills include learning ways to:

- Relax the body.
- Engage in healthy habits.
- Change unhelpful thinking patterns.



CBT helps kids understand how their thoughts, feeling, actions, body, and surroundings all affect each other.

CBT and chronic pain

CBT helps kids learn new ways to handle pain. It teaches the brain and body to relax, making it easier to play, go to school, and do the things they enjoy.

CBT can help:

- Provide education on the complex nature of chronic pain.
- Teach children a different way to think and behave in response to pain.
- Teach self-regulation and relaxation skills to reduce the severity of pain.
- Increase insight and emotional awareness.
- Teach parents how to respond to their child's pain in helpful ways and promote more function.

Pain Management

For contacts or locations visit:

cookchildrens.org/services/pain-management/contact-us/



These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.