



Psychological Management of Chronic Headaches

Paul R. Martin

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A significant number of individuals suffer from headaches intense enough to be physically debilitating, including migraines, tension-type, and combined or mixed headaches. Their severity resides not only in the pain they inflict but also in related problems such as anxiety, depression, and social withdrawal, as well as family difficulties resulting from coping with the sufferer's symptoms. This comprehensive volume reviews the psychological research literature and provides a detailed account of how to assess and manage these types of headaches. Taking into account the psychosocial and developmental context of each client, the book helps practitioners analyze the controlling factors that determine the changes in headache activity and develop an individualized plan for treatment, education, and relapse prevention. Case examples help illustrate the author's approach. Useful appendices include a Headache Classification System, Diagnostic Guidelines for Use with the Psychological Assessment of Headache Questionnaire, and a Preassessment Patient Information Sheet.

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