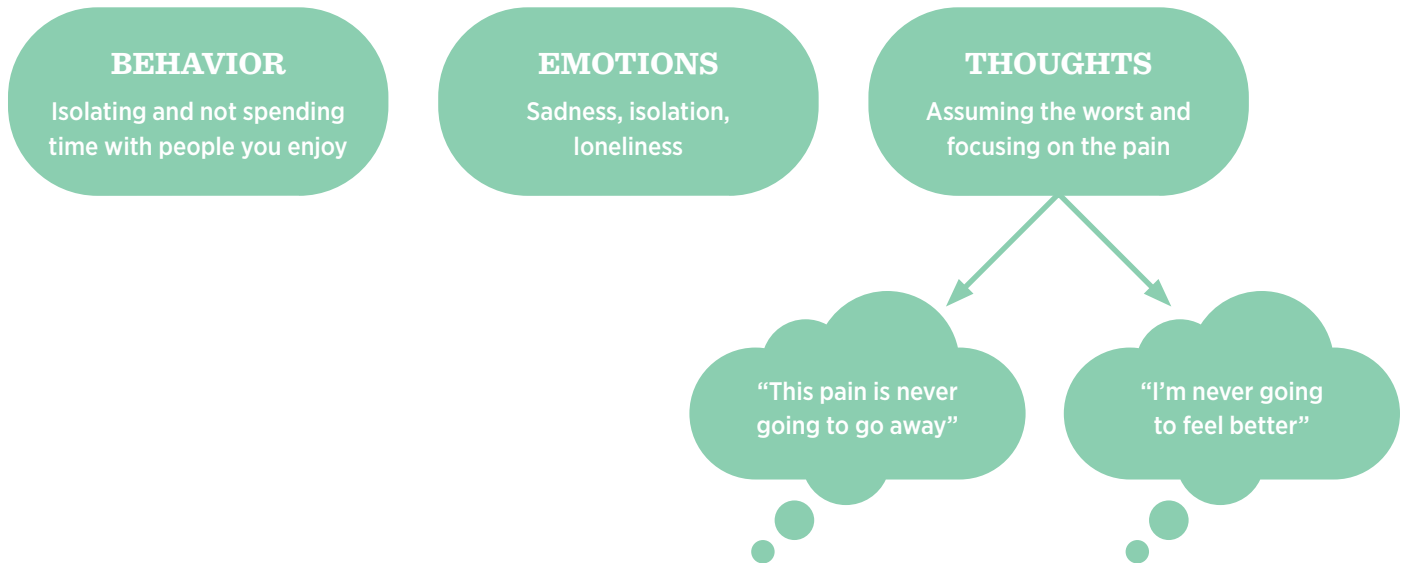


## Cognitive Behavioral Therapy (CBT) for Pain

What is CBT? How can it be used to help my child with chronic pain?



**CBT helps you to find ways to address these thoughts, feelings, and actions, so that your pain doesn't get in the way of you doing things you enjoy.**

CBT helps with:

- Learning strategies to cope with pain
  - > Mindfulness activities such as diaphragmatic breathing and progressive muscle relaxation
- Improving how we think about pain
- Decreasing pain flare-ups and how much they impact you
- Reducing the intensity of pain

**Learning these skills can help to address the cycle of pain:**

