J. D. Otis, *Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach*

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Chronic pain may develop as a result of injury or accompany a multitude of diseases and neuropathic conditions. When employees develop chronic pain, it presents a major challenge to all stakeholders involved such as patients, families, co-workers, employers, healthcare providers, insurance companies, and government programs. In particular, state workers' compensation programs and the Social Security Administration have experienced significant increases in the frequency of chronic musculoskeletal conditions during the last several decades. Cognitive-behavioral therapy (CBT) has been shown to be effective in managing several chronic pain conditions including chronic back pain, tension/migraine headache, and some types of arthritis. Measurable end-points to the therapy have included improved physical and psychosocial functioning. *Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach* was published to assist readers in the implementation of CBT in a step-wise fashion.

Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach consists of 13 chapters that are logically organized and sequenced. Chapters 3 through 13 provide

session outlines, CBT interventions, sample dialogues, and homework assignments for each technique. The author provides sessions on chronic pain, diaphragmatic breathing, progressive muscle relaxation and visual imagery, automatic thoughts and pain, cognitive restructuring, stress management, time-based pacing, pleasant activity scheduling, anger management, sleep hygiene, and relapse prevention and flare-up planning. The techniques are written in an easy to understand style that facilitates skill learning, practice, and development.

Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach, in conjunction with its corresponding workbook, portrays the positive attributes of being authoritative, succinct, and user friendly. Although stated to be evidence-based, actual research outcomes of the various techniques discussed were lacking but would have added substantial value to the book. Overall, the author has published an excellent introductory guide on CBT for healthcare providers of any discipline who are treating patients having chronic pain that are seeking to improve their function and quality of life.

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