



Cognitive-behaviour therapy for pain management

PAIN



What is cognitive-behaviour therapy?

Cognitive-Behaviour Therapy (often called CBT) is a non-medical treatment to help people cope and manage painful conditions and may help to improve your quality of life.

How can cognitive-behaviour therapy help with chronic pain?

Pain affects the body, your feelings, and what you do. At any one time, about 10% of adults are affected by pain. For some, this might mean some restrictions on their lifestyle. For others, there may be a significant loss of independence.

Pain can become long-lasting, despite efforts to treat the pain or the cause (if the cause is known). People with chronic pain problems often worry about what it means for them, their lifestyle, and their future. Physical limitations caused by pain can be difficult and frustrating, especially when no cure is available for the condition. This can lead to worry, anxiety and depression for some people.

CBT helps people to learn to cope better with chronic pain. This might mean dealing with thoughts and beliefs about pain, overcoming problems which the pain is causing, and finding ways of overcoming low mood, and a sense of loss and frustration. Learning to balance activity and rest (pacing) can help to increase what a person can do without having a prolonged increase in pain.

What is offered in the Pain Management Unit?

Members of the Pain Management Unit (PMU) team can refer you for an assessment for CBT. The CBT therapists are part of the Pain Management Team.

An initial assessment usually lasts up to an hour. The therapist will ask you about what problems there are, what impact they have on your life and what might help them to put it right.

If you and the therapist agree, one-to-one sessions are offered to some patients and a number of sessions will be arranged. The number of sessions offered varies from person to person. Pain Management Programme group sessions may be offered to some people.

For further information, contact the Pain Management Unit at Montagu Hospital. Tel: 01709 649040.

Patient Experience Team

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

The contact details are:

Telephone: 01302 642764 or 0800 028 8059

Email: pals.dbh@dbh.nhs.uk