

Care Redesign Spine Health Project:

Provider Informational Module “Tip Sheet”



Cognitive Behavior Therapy

Overview

Cognitive Behavior Therapy (CBT) for chronic pain refers to a series of techniques and exercises to address pain from a behavioral perspective. It is consistent with a biopsychosocial model of disease that notes the integration and interrelation between cognition, physiology, and social factors. A growing body of evidence points to the effectiveness in incorporating CBT to manage chronic pain¹.

Paramount evidence has shown that through a multidisciplinary approach, in which Medical Psychology is incorporated, is effective to address the treatment of chronic pain. These techniques are often used along with medication, procedures, or surgery. More recently, the growing alarms concerning opioid use or misuse, notes CBT to be a relevant adjunctive therapy to address mood and pain in spine related conditions as an important behavioral component in the management of pain including on-line delivery².

How We Can Help

Behavioral Pain Management incorporates CBT and other techniques such as Diaphragmatic Breathing, Progressive Muscle Relaxation and Mindfulness Stress-Reduction Training, and Biofeedback. Training is usually done in a 6 session protocol. The training modules include Neurophysiology of Pain, Stress Management, Activity-Rest Cycling, Identifying Unhelpful Thinking Patterns, and Managing Sleep Disturbance. An important aspect of learning coping skills includes practice through homework and keeping journals and diaries.

What is the Cost?

The cost of CBT services varies with the insurance coverage.

- A Duke Health financial advisor can review a patient’s insurance coverage once the appointment is scheduled.
- CBT services at Duke Health are covered by Medicare, Medicaid, and most insurance carriers.



Refer a Patient

- Referrals can be ordered through MaestroCare /Duke MedLink (choose “AMB Referral to Psychology”) or providers can call the Duke Health Pain Clinic Appointment Hub at **919-668-7600**.
- Duke Health Pain Clinic is located at 4309 Medical Park Drive, Durham, NC 27704.
- CBT services offer both Telehealth and In-person Visits.

Please send questions or concerns to SpineHealth-Info@duke.edu.

¹ Meints SM, Edwards RR Evaluating Psychosocial Contributions to Chronic Pain Outcomes. Prog Neuropsychopharmacol Biol Psychiatry. 2018 Dec 20;87(Pt B):168-182. Doi:10.1016/j.pnpbp.2018.01.017.

²Burke D, Lennon O, Blake C et al. An internet-delivered cognitive behavioural therapy pain and management program for spinal cord injury pain: a randomized control trial. Eur J Pain.2019;23;1264-1282.