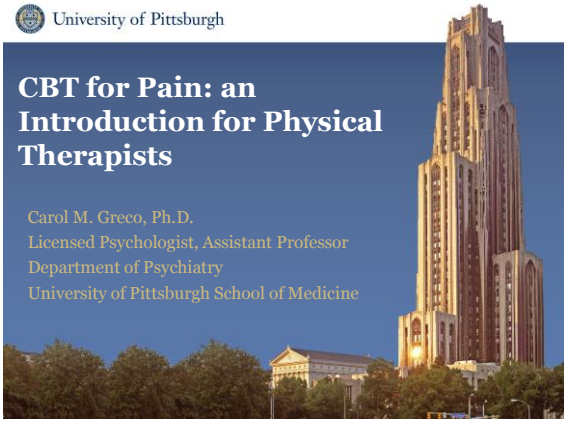


CBT for Pain: an Introduction for Physical Therapists

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Psychologically Informed Physical Therapy Practice: Pragmatic Application for Low Back Pain

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Pre-Course Module: CBT

1. What is Cognitive Behavioral Therapy?
 1. Principles
 2. Practicalities

2. How can CBT skills help you to help your patients?



COGNITIVE-BEHAVIORAL THERAPY (CBT)

History / Context:

- A type of psychotherapy approach
- Brief, designed to improve coping
 - depression, anxiety, chronic illness
 - pain

Beck J S (2011). *Cognitive behavior therapy: Basics and beyond* (2nd Ed.) (pp. 19-20). New York, NY: The Guilford Press.



Principle Assumptions of CBT

- Individuals actively process environmental events and internal stimuli (thoughts, emotions, perceptions) and consequences of behaviors.
- Thoughts, emotional responses, physiological and behavioral responses interact and influence one another.
- Individuals' behaviors also influence/change the environment.



Turk DC, Rudy TE (1989) Handbook of chronic pain management



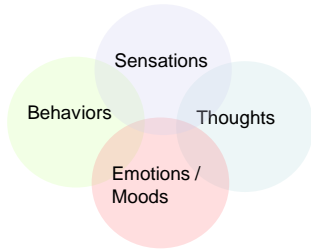
Principles of CBT

- Treatment must address the cognitive, emotional and behavioral dimensions of the presenting problem.
- The patient must become an active participant in treatment.

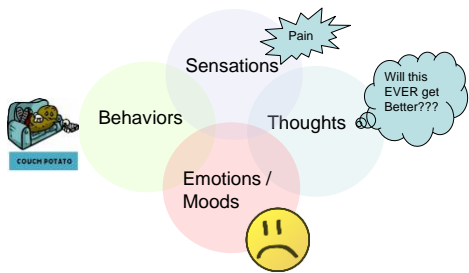


Turk DC, Rudy TE (1989) Handbook of chronic pain management

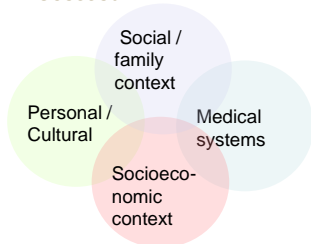
CBT: ACTIVE Processing of Internal Events



CBT: ACTIVE Processing of Internal Events



CBT: External Events and Contexts also Actively Processed





CBT components

- **Education and goal setting**
 - your problem is NOT unmanageable
 - You are a resourceful problem-solver - NOT helpless
- **Monitoring**
 - symptoms, environmental and psychosocial factors
- **Skills development and practice**
 - Physiologic relaxation, re-framing thoughts, other pain coping skills
- **Maintenance**
 - Planning for end of treatment
 - Generalizing skills to other situations





CBT Specifics

- Identify and Assess -monitoring (body / mind)
- Re-conceptualize using biopsychosocial model
- Pleasant activity scheduling
- Breath focus/Relaxation/guided imagery
- Target unhelpful thinking via Cognitive Reframing
- Communication skills/conflict resolution
- Skills practice and Generalization
- Develop long-term goals

**BEHAVIOR
ACTIVATION**

**BUILD
NEW
HABITS**

Gatchel RJ, Rollings KH. (2008). Evidence-informed management of chronic low back pain with cognitive behavioral therapy. *The Spine Journal* 8 (1): 40-4. .



CBT Psychotherapy vs. CBT-informed Physical Therapy practice?



CBT Principles and Practicalities for Physical Therapists

- How can CBT skills help you to help your patients?
 - Enhance communication / understanding
 - Active partnership – agree on goals
 - Simple skills for managing pain and increasing resilience

Psychologically Informed PT Overall Intention

- Empower the person toward good self care
 - Self manage pain and mood
 - Not helpless
 - Resilience
- How do we do that?
- Where is the roadmap?

Psychologically Informed PT for pain



The Foundation – A Collaborative Interpersonal Relationship



**Psychologically Informed PT
Overall Intention**

- Empower the Physical Therapist toward *resilience*
 - Awareness of your views of the patient
 - Expectations/ assumptions/ moods
 - How do these influence your behavior?
The way you work with the person?
- Simple skills for you to use with patients at high-risk for chronic pain



**Psychologically Informed PT
Overall Intention**

- Communication Skills
 - Active listening, goal-setting, problem-solving
- Pain coping skills for you to use with patients at high-risk for chronic pain
 - Breath-focus, physiologic relaxation
 - Distraction (e.g., pleasant place imagery)
 - Re-framing unhelpful thinking patterns



**Psychologically Informed PT
Training**

Other Pre-Course Module:

- Pain coping skills

Face-to-Face Training:

Skills Practice and debrief

Summary

- CBT – principles, practicalities
- Pain and CBT principles
- CBT components in psychotherapy
- CBT practicalities for Physical Therapists

Please join us at face-to-face training sessions !

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Thank you for your attention –
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