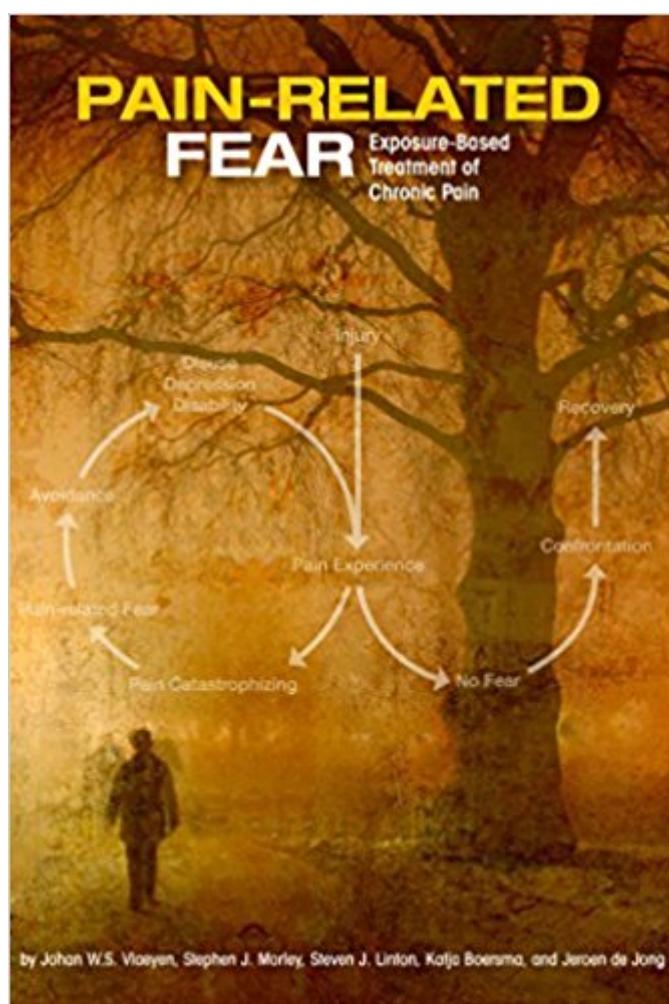


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# Pain-Related Fear:Exposure-Based Treatment Of Chronic Pain



## **Synopsis**

This book identifies fear of movement and injury as a primary issue in chronic pain management. It provides a detailed treatment manual on exposure-based techniques for the reduction of pain-related fear and disability in chronic pain. Includes a disc with therapist and patient materials and videos.

## **Book Information**

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## **Customer Reviews**

This is the definitive handbook on fear avoidance. It is essential reading for all clinicians and researchers in the field and will serve as an excellent text for students learning how to apply exposure-based treatments for chronic pain. A tremendously valuable contribution! --Warren Nielson, St. Joseph's Health Care, London, ON, Canada

This book is an indispensable tool for clinicians and researchers interested in how pain-related fear affects pain and disability. It is loaded with practical tips on how to assess and treat pain-related fear. The authors have played a key role in the development and testing of both assessment and treatment approaches. --Francis Keefe, PhD, Duke University, Durham, NC, USA

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