



Treatment of Chronic Medical Conditions: Cognitive-Behavioral Therapy Strategies and Integrative Treatment Protocols

Len Sperry

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As the population ages, physicians are turning to psychotherapists to help the increasing number of patients who are struggling with chronic illnesses. To provide effective and appropriate treatment to these patients requires that clinicians broaden their psychological perspective and augment their intervention strategies and treatment plans specific to chronic medical illness.

Treatment of Chronic Medical Conditions provides clinicians with focused cognitive-behavioral strategies and integrative treatment protocols for 10 of the most common chronic medical conditions that the psychotherapist is likely to encounter. These include

- arthritis
- asthma
- cancer
- cardiac disease
- chronic pain
- diabetes
- epilepsy
- hypertension
- irritable bowel syndrome
- lupus

The strategies and protocols tailored for these conditions are illustrated with extensive case studies and session transcriptions that make the treatment process tangible and results oriented. In addition, the book offers guidelines for dealing with such issues as illness denial, non-compliance, symptom reduction, and challenges to life meaning that often stand in the way of patients leading full lives, despite their chronic illnesses.

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