

Ovid®

Headache

Rely on Ovid as the trusted solution that transforms research into results



The conceptualization, assessment, and evidence-based behavioral treatment of migraine and headache – how to ensure optimal outcomes with two of the most common medical conditions in the world.

This book describes the conceptualization, assessment, and evidence-based behavioral treatment of migraine and tension-type headache – two of the world's most common medical conditions, and also frequent, highly disabling comorbidities among psychiatric patients.

Headache disorders at their core are neurobiological phenomena, but numerous behavioral factors play an integral role in their onset and maintenance – and many providers are unfamiliar with how to work effectively with these patients to ensure optimal outcomes.

This book, the first major work on behavioral treatment of headache in over 20 years, provides much-needed help: an overview of relevant psychological factors and the behavioral conceptualization of headache is followed by a step-by-step, manual-type guide to implementing behavioral interventions within clinical practice settings. Mental health practitioners and trainees and other healthcare professionals who want to improve their headache patients' outcomes by supplementing routine medical treatment with empirically supported behavioral strategies will find this book invaluable.

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