

Cognitive Behavioral Therapy for Chronic Pain

Across the nation, opioid prescribing practices are changing and medical providers are being encouraged to make referrals to therapists who are using evidence-based approaches to address chronic pain, such as Cognitive Behavioral Therapy for Chronic Pain (CBT for CP). Pain management has typically not been a part of behavioral health practice but research and clinical practice are demonstrating that behavioral interventions are the most effective treatment for chronic pain.

Community Care of Western North Carolina (CCWNC) <http://ccwnc.org/> and **Mountain Area Health Education Center (MAHEC)** <https://mahec.net/> are excited to work together with you to create a community of trained providers who collaborate to improve outcomes for those suffering with chronic pain. Together, we are coordinating training opportunities for those interested in providing CBT for CP. We are collecting names of therapists who have been trained in CBT for CP and are willing to provide this evidence-based treatment to those in need of this service. Providers and other agencies in the community will use our therapist resource list in order to coordinate and share care.



If you are interested in seeing the inventory in order to make referrals in your community, you can visit the link at bit.ly/CBTtherapistList. Remember to bookmark this list for ongoing access or for sharing with others. If you are a therapist interested in becoming a part of the inventory, you can add your information here bit.ly/CBTCPsurvey. After your information has been collected, it will be stored and shared with providers in the community interested in making referrals for chronic pain patients.

If you have any questions about the tenants of collaboration, general questions, or updates/changes to your information, you can email Jason Butler, LCSW, LCAS at jbutler@ccwnc.org or Elizabeth Flemming, LPC at Elizabeth.Flemming@mahec.net