

**Chronic Pain: An Overview of Effective Behavioral Health Interventions**  
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**Clinician Resources**

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Winterowd, C., Beck A.T. & Gruener, D. (2003). *Cognitive Therapy with Chronic Pain Patients*, Springer Publishing Company: New York.

### **Patient Resources**

American Chronic Pain Association (www.theacpa.org)

Caudill, M.A. (2001). *Managing Pain Before It Manages You*, Guilford Publications, Inc.: New York, NY.

Turk, D.C. & Fritz, W. (2005). *The Pain Survival Guide: How to Reclaim Your life*, APA Publications: Washington, DC.

### **Relaxation CD**

Hardin, K.N. (2006). *Drifting Downstream: Guided Relaxation for Stress Reduction*. (available at [www.amazon.com](http://www.amazon.com) and digitally at [www.itunes.com](http://www.itunes.com)).