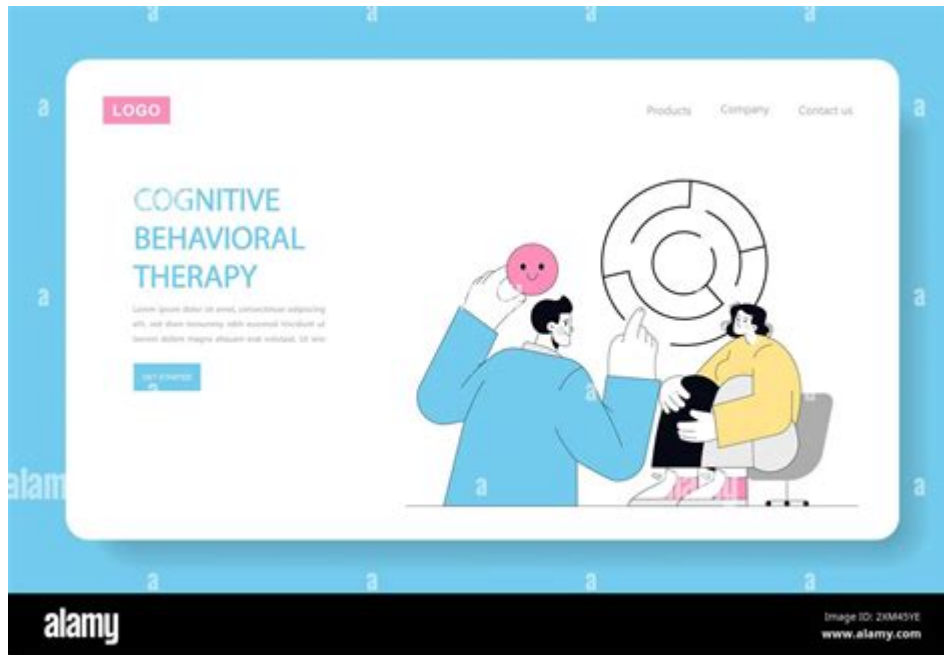


A Psychologist Who Practices Cognitive Therapy



A Psychologist Who Practices Cognitive Therapy: Understanding and Finding the Right Fit

Are you struggling with persistent negative thoughts, overwhelming anxiety, or debilitating depression? Feeling stuck in unhelpful patterns and yearning for a change? You're not alone. Many people find relief and lasting improvement through cognitive therapy, a powerful approach to mental health. This comprehensive guide will illuminate what it means to find a psychologist who practices cognitive therapy, detailing the therapy itself, the benefits, and how to find a therapist who's the right fit for you.

What is Cognitive Therapy?

Cognitive therapy, often a cornerstone of Cognitive Behavioral Therapy (CBT), focuses on the connection between our thoughts, feelings, and behaviors. The core principle is that our thoughts directly influence our emotions and actions. Negative or distorted thinking patterns can lead to emotional distress and problematic behaviors. A psychologist who practices cognitive therapy helps you identify these unhelpful thought patterns, challenge their validity, and replace them with more balanced and realistic ones. This process empowers you to manage your emotional responses and break free from self-defeating cycles.

How Does a Psychologist Who Practices Cognitive Therapy Help?

A psychologist specializing in cognitive therapy will work collaboratively with you, acting as a guide rather than a director. The process typically involves:

Identifying Negative Thought Patterns: Through guided discussions and exercises, your therapist will help you pinpoint recurring negative thoughts, such as catastrophizing, all-or-nothing thinking, or overgeneralization.

Challenging Negative Thoughts: You'll learn techniques to question the validity and accuracy of these negative thoughts. This often involves examining the evidence supporting and contradicting the thought, exploring alternative perspectives, and considering the potential consequences of believing the thought.

Developing Coping Mechanisms: Your therapist will help you build practical strategies for managing difficult emotions and situations. This may include techniques like mindfulness, relaxation exercises, and problem-solving skills.

Setting Realistic Goals: Cognitive therapy focuses on achievable goals, breaking down larger challenges into smaller, manageable steps. This creates a sense of progress and accomplishment, boosting motivation and self-efficacy.

Homework Assignments: Between sessions, you'll typically be given homework assignments designed to reinforce what you're learning in therapy and practice new skills in your daily life.

The Benefits of Cognitive Therapy

Cognitive therapy has proven effective for a wide range of mental health challenges, including:

Depression: Cognitive therapy helps individuals identify and challenge negative thought patterns contributing to depression, promoting a more positive outlook and increased motivation.

Anxiety Disorders: It helps individuals manage anxiety by identifying and modifying anxiety-provoking thoughts and developing coping strategies for stressful situations.

Post-Traumatic Stress Disorder (PTSD): Cognitive therapy can help individuals process traumatic memories and develop healthier ways of coping with PTSD symptoms.

Eating Disorders: It addresses the distorted thinking patterns often associated with eating disorders, helping individuals develop a healthier relationship with food and their bodies.

Obsessive-Compulsive Disorder (OCD): Cognitive therapy helps individuals challenge obsessive thoughts and reduce compulsive behaviors.

Finding the Right Psychologist Who Practices Cognitive Therapy

Finding the right therapist is crucial for successful treatment. Consider these factors:

Experience and Specialization: Look for a psychologist with specific training and experience in cognitive therapy. Their website or professional profile should clearly state their expertise.

Therapist-Client Fit: A good therapeutic relationship is essential. Schedule a consultation to discuss your needs and see if you feel comfortable and understood by the therapist.

Insurance Coverage: Check if your insurance covers the therapist's services to avoid unexpected costs.

Location and Accessibility: Choose a therapist conveniently located or offering telehealth options for remote sessions.

Conclusion

Finding a psychologist who practices cognitive therapy can be a transformative step towards improved mental well-being. By understanding the principles of cognitive therapy and taking the time to find a therapist who's the right fit, you can embark on a journey towards healthier thinking patterns, emotional regulation, and a more fulfilling life. Remember, seeking professional help is a sign of strength, and with the right support, you can overcome your challenges and thrive.

FAQs

1. Is cognitive therapy right for everyone? While cognitive therapy is highly effective for many, it may not be the best fit for everyone. Some individuals may benefit more from other therapeutic approaches. A consultation with a mental health professional can help determine the most suitable treatment plan.
2. How long does cognitive therapy typically take? The duration of cognitive therapy varies depending on individual needs and goals. It can range from a few weeks to several months, with sessions typically occurring weekly.
3. What if I don't see results immediately? Progress in therapy is not always linear. It's important to be patient and consistent with the process. Open communication with your therapist about your progress and any challenges you're facing is key.
4. Can cognitive therapy be combined with other therapies? Yes, cognitive therapy is often used in

conjunction with other therapeutic approaches, such as medication or other forms of psychotherapy, to provide a comprehensive and personalized treatment plan.

5. How can I find a psychologist who practices cognitive therapy in my area? You can search online directories of mental health professionals, contact your insurance provider for a list of in-network therapists, or ask your primary care physician for recommendations. Many therapists also list their specialties and areas of expertise on their websites.

a psychologist who practices cognitive therapy: *Deliberate Practice in Cognitive Behavioral Therapy* James F Boswell, Dr Michael J Constantino, 2021-09-14 This book presents deliberate practice exercises in which students and trainees rehearse fundamental cognitive-behavioral therapy (CBT) skills until they become natural and automatic.

a psychologist who practices cognitive therapy: **Cognitive Therapy of Depression** Aaron T. Beck, 1979-01-01 This bestselling, classic work offers a definitive presentation of the theory and practice of cognitive therapy for depression. Aaron T. Beck and his associates set forth their seminal argument that depression arises from a cognitive triad of errors and from the idiosyncratic way that one infers, recollects, and generalizes. From the initial interview to termination, many helpful case examples demonstrate how cognitive-behavioral interventions can loosen the grip of depressogenic thoughts and assumptions. Guidance is provided for working with individuals and groups to address the full range of problems that patients face, including suicidal ideation and possible relapse.

a psychologist who practices cognitive therapy: Cognitive Therapy of Anxiety Disorders David A. Clark, Aaron T. Beck, 2011-08-10 - Winner of the American Journal of Nursing Book of the Year Award - Mental Health Nursing! Aaron T. Beck - Winner of the Lifetime Achievement Award from the National Nursing Centers Consortium! Updating and reformulating Aaron T. Beck's pioneering cognitive model of anxiety disorders, this book is both authoritative and highly practical. The authors synthesize the latest thinking and empirical data on anxiety treatment and offer step-by-step instruction in cognitive assessment, case formulation, cognitive restructuring, and behavioral intervention. They provide evidence-based mini-manuals for treating the five most common anxiety disorders: panic disorder, social phobia, generalized anxiety disorder, obsessive compulsive disorder, and posttraumatic stress disorder. User-friendly features include vivid case examples, concise Clinician Guidelines that reinforce key points, and over three dozen reproducible handouts and forms.

a psychologist who practices cognitive therapy: **Cognitive Behavior Therapy, Second Edition** Judith S. Beck, 2011-08-18 The leading text for students and practicing therapists who want to learn the fundamentals of cognitive behavior therapy (CBT), this book is eminently practical and authoritative. In a highly accessible, step-by-step style, master clinician Judith S. Beck demonstrates how to engage patients, develop a sound case conceptualization, plan treatment, and structure sessions effectively. Core cognitive, behavioral, and experiential techniques are explicated and strategies are presented for troubleshooting difficulties and preventing relapse. An extended case example and many vignettes and transcripts illustrate CBT in action. Reproducible clinical tools can be downloaded and printed in a convenient 8 1/2 x 11 size. See also Dr. Beck's *Cognitive Therapy for Challenging Problems: What to Do When the Basics Don't Work*, which addresses ways to solve frequently encountered problems with patients who are not making progress. New to This Edition*Reflects over 15 years of research advances and the author's ongoing experience as a clinician, teacher, and supervisor.*Chapters on the evaluation session and behavioral activation.*Increased emphasis on the therapeutic relationship, building on patients' strengths, and homework.*Now even more practical: features reproducibles and a sample case write-up.

a psychologist who practices cognitive therapy: *Cognitive Therapy with Children and Adolescents* Philip C. Kendall, 2017-09-01 Thousands of clinicians and students have turned to this casebook--now completely revised with 90% new material--to see what cognitive-behavioral therapy

(CBT) looks like in action with the most frequently encountered child and adolescent disorders. Concise and accessible, the book is designed for optimal utility as a clinical resource and course text. Leading scientist-practitioners provide a brief overview of each clinical problem and its assessment and management. Chapters are organized around one or more detailed case examples that demonstrate how to build rapport with children and families; plan effective, age-appropriate treatment; and deliver evidence-based interventions using a variety of therapeutic strategies and materials. (Prior edition editors: Mark A. Reinecke, Frank M. Dattilio, and Arthur Freeman.) New to This Edition *Most chapters are new, reflecting nearly 15 years of advances in theory and research. *Additional chapter topics: generalized anxiety disorder and family-based treatment of adolescent substance abuse. *Streamlined, more concise format makes the book even more user friendly. *Increased attention to cultural considerations and transdiagnostic treatment strategies.

a psychologist who practices cognitive therapy: *Culturally Responsive Cognitive Behavior Therapy* Gayle Iwamasa, Pamela A. Hays, 2018-10-23 Gayle Y. Iwamasa and Pamela A. Hays show mental health providers how to integrate cultural factors into cognitive behavior therapy (CBT). They describe the application of CBT with clients of diverse cultures and discuss how therapists can refine CBT to increase its effectiveness with clients from a variety of cultural backgrounds. Contributors examine the unique characteristics of CBT and its use with various racial, ethnic, and religious minority groups in the United States. Strategies for using CBT with older adults; individuals with disabilities; and lesbian, gay, bisexual, transgender, queer, and questioning clients are also examined. A chapter on culturally responsive CBT clinical supervision closes the volume. This new edition includes updated demographic information, a greater emphasis on culture-specific assessments, and a new chapter on using CBT with clients of South Asian descent. -- Résumé de l'éditeur.

a psychologist who practices cognitive therapy: *The Therapeutic Relationship in Cognitive-Behavioral Therapy* Nikolaos Kazantzis, Frank M. Dattilio, Keith S. Dobson, 2017-06-27 From leading cognitive-behavioral therapy (CBT) experts, this book describes ways to tailor empirically supported relationship factors that can strengthen collaboration, empiricism, and Socratic dialogue and improve outcomes. In an accessible style, it provides practical clinical recommendations accompanied by rich case examples and self-reflection exercises. The book shows how to use a strong case conceptualization to decide when to target relationship issues, what specific strategies to use (for example, expressing empathy or requesting client feedback), and how to navigate the therapist's own emotional responses in session. Special topics include enhancing the therapeutic relationship with couples, families, groups, and children and adolescents. Reproducible worksheets can be downloaded and printed in a convenient 8 1/2 x 11 size. See also *Doing CBT*, Second Edition, by David F. Tolin, which lucidly explains the full range of CBT techniques, and *Experiencing CBT from the Inside Out*, by James Bennett-Levy, Richard Thwaites, Beverly Haarhoff, and Helen Perry, a unique self-practice/self-reflection workbook.

a psychologist who practices cognitive therapy: *Clinical Handbook of Psychological Disorders* David H. Barlow, 2021-06-04 Now in a revised and expanded sixth edition, this is the leading text on evidence-based treatments for frequently encountered mental health problems. David H. Barlow has assembled preeminent experts to present their respective approaches in step-by-step detail, including extended case examples. Each chapter provides state-of-the-art information on the disorder at hand, explains the conceptual and empirical bases of intervention, and addresses the most pressing question asked by students and practitioners--How do I do it? Concise chapter introductions from Barlow highlight the unique features of each treatment and enhance the book's utility for teaching and training. New to This Edition *Existing chapters thoroughly revised to incorporate the latest empirical findings and clinical practices. *Chapter on "process-based therapy," a new third-wave approach for social anxiety. *Chapter on transdiagnostic treatment of self-injurious thoughts and behaviors. *Chapter on chronic pain.

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detailed, step-by-step guide to behavioral interventions in cognitive behavior therapy (CBT). This fully updated edition features new chapters on enhancing interpersonal effectiveness, emotion regulation, and navigating difficult therapeutic challenges.

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Cognitive-behavioral Therapy Pamela A. Hays, Gayle Iwamasa, 2006 This is the first book to integrate cultural influences into cognitive-behavioral therapy (CBT). This engagingly written volume describes the application of CBT with people of diverse cultures and discusses how therapists can refine cognitive-behavioral therapy to increase its effectiveness with clients of many cultures.

a psychologist who practices cognitive therapy: Oxford Guide to Imagery in Cognitive

Therapy Ann Hackmann, James Bennett-Levy, Emily A. Holmes, 2011-05-26 Imagery is one of the new, exciting frontiers in cognitive therapy. From the outset of cognitive therapy, its founder Dr. Aaron T. Beck recognised the importance of imagery in the understanding and treatment of patient's problems. However, despite Beck's prescience, clinical research on imagery, and the integration of imagery interventions into clinical practice, developed slowly. It is only in the past 10 years that most writing and research on imagery in cognitive therapy has been conducted. The Oxford Guide to Imagery in Cognitive Therapy is a landmark book, which will play an important role in the next phase of cognitive therapy's development. Clinicians and researchers are starting to recognise the centrality of imagery in the development, maintenance and treatment of psychological disorders - for example, in social phobia, agoraphobia, depression, PTSD, eating disorders, childhood trauma, and personality disorder. In the fields of cognitive psychology and cognitive neuroscience, researchers are identifying the key role that imagery plays in emotion, cognition and psychopathology. The Oxford Guide to Imagery in Cognitive Therapy has been written both for clinicians and researchers. For clinicians, it is a user-friendly, practical guide to imagery, which will enable therapists to understand imagery phenomenology, and to integrate imagery-based interventions into their cognitive therapy practice. For researchers, it provides a state-of-the-art summary of imagery research, and points the way to future studies. Written by three well-respected CBT researcher-clinicians, it is essential reading for all cognitive therapists, who have recognised the limitations of purely 'verbal' CBT techniques, and want to find new ways to work with clients with psychological disorders.

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National Collaborating Centre for Mental Health (Great Britain), 2011 Bringing together treatment and referral advice from existing guidelines, this text aims to improve access to services and recognition of common mental health disorders in adults and provide advice on the principles that need to be adopted to develop appropriate referral and local care pathways.

a psychologist who practices cognitive therapy: Positive CBT

Fredrike Bannink, Nicole Geschwind, 2021-11-30 Positive CBT integrates positive psychology and solution-focused brief therapy within a cognitive-behavioral framework. It focuses on building what's right, not on reducing what is wrong. Learn about the evidence-base for positive CBT Teach clients what works for them with the treatment protocols Download client workbooks More about the book Positive CBT integrates positive psychology and solution-focused brief therapy within a cognitive-behavioral framework. It focuses not on reducing what is wrong, but on building what is right. This fourth wave of CBT, developed by Fredrike Bannink, is now being applied worldwide for various psychological disorders. After an introductory chapter exploring the three approaches incorporated in positive CBT, the research into the individual treatment protocol for use with clients with depression by Nicole Geschwind and her colleagues at Maastricht University is presented. The two 8-session treatment protocols provide practitioners with a step-by-step guide on how to apply positive CBT with individual clients and groups. This approach goes beyond simply symptom reduction and instead focuses on the client's desired future, on finding exceptions to problems and identifying competencies. Topics such as self-compassion, optimism, gratitude, and behavior maintenance are explored. In addition to the protocols, two workbooks for clients are available online for download by

practitioners. The materials for this book can be downloaded from the Hogrefe website after registration

a psychologist who practices cognitive therapy: Cognitive Processing Therapy for PTSD
Patricia A. Resick, Candice M. Monson, Kathleen M. Chard, 2016-12-26 The culmination of more than 25 years of clinical work and research, this is the authoritative presentation of cognitive processing therapy (CPT) for posttraumatic stress disorder (PTSD). Written by the treatment's developers, the book includes session-by-session guidelines for implementation, complete with extensive sample dialogues and 40 reproducible client handouts. It explains the theoretical and empirical underpinnings of CPT and discusses how to adapt the approach for specific populations, such as combat veterans, sexual assault survivors, and culturally diverse clients. The large-size format facilitates photocopying and day-to-day use. Purchasers also get access to a Web page where they can download and print the reproducible materials. CPT is endorsed by the U.S. Departments of Veterans Affairs and Defense, the International Society of Traumatic Stress Studies, and the U.K. National Institute for Health and Care Excellence (NICE) as a best practice for the treatment of PTSD.

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Susan L. Woods, Patricia Rockman, Evan Collins, 2019-06-01 Mindfulness-based cognitive therapy (MBCT) is a powerful, evidence-based treatment for depression and other mental health conditions. This groundbreaking professional book provides clinicians with the essential skills they need to deliver MBCT. In this book, you'll discover the foundations of teaching MBCT, guidance on embodied mindful presence (a focused awareness of experience in the moment), the contemplative dialogue known as inquiry, and other strategies for delivering group-based MBCT. You'll also find scripts, access to audio material, and practice guidelines for you and your clients. Although focused on MBCT, this book can be referenced for use in other mindfulness-based programs. In addition, you'll gain the knowledge and confidence you need to effectively deliver MBCT and build the foundations of an embodied practice. The book starts with an overview of the MBCT program, before devoting chapters to the structure and skills required for developing competence and best practice. You'll deepen your understanding and facility in the most challenging elements of MBCT: mindful embodied presence and inquiry. You'll also learn strategies for delivering this therapy to a group; troubleshooting tips; and a chapter on training, mentorship, and maintaining competence. Finally, you'll find essential information including meditation scripts, tools, and other resources for delivering MBCT. If you are looking to deepen your practice and ability to teach MBCT, this book—written by renowned MBCT clinicians—is an invaluable addition to your professional library.

a psychologist who practices cognitive therapy: Scientific Foundations of Cognitive Theory and Therapy of Depression
David A. Clak, Aaron T. Beck, 1999-04-30 Based on decades of theory, research, and practice, this seminal book presents a detailed and comprehensive review, evaluation, and integration of the scientific and empirical research relevant to Aaron T. Beck's cognitive theory and therapy of depression. Since its emergence in the early 1960s, Beck's cognitive perspective has become one of the most influential and well-researched psychological theories of depression. Over 900 scientific and scholarly references are contained in the present volume, providing the most current and exhaustive evaluation of the scientific status of the cognitive theory of depression. Though the application of cognitive therapy has been well documented in the publication of treatment manuals, the cognitive theory of depression has not been presented in a unified manner until the publication of this book. Coauthored by the father of cognitive therapy, *Scientific Foundations of Cognitive Theory and Therapy of Depression* offers the most complete and authoritative account of Beck's theory of depression since the publication of *Depression: Causes and Treatment* in 1967. Through its elaboration of recent theoretical developments in cognitive theory and its review of contemporary cognitive-clinical research, the book represents the current state of the art in cognitive approaches to depression. As a result of its critical examination of cognitive-clinical research and experimental information processing, the authors offer many insights into the future direction for research on the cognitive basis of depression. The first half of

the book focuses on a presentation of the clinical phenomena of depression and the current version of cognitive theory. After outlining important questions that have been raised with the diagnosis of depression, the book then traces the historical development of Beck's cognitive theory and therapy through the 1960s and '70s. It presents the theoretical assumptions of the model and offers a detailed account of the most current version of the cognitive formulation of depression. The second half of the book provides an in-depth analysis of the empirical status of the descriptive and vulnerability hypotheses of the cognitive model. Drawing on over three decades of research, the book delves into the scientific basis of numerous hypotheses derived from cognitive theory, including negativity, exclusivity, content specificity, primacy, universality, severity/persistence, selective processing, schema activation, primal processing, stability, diathesis-stress, symptom specificity, and differential treatment responsiveness. In 1967 the first detailed description of the cognitive theory of depression was published in *Depression: Causes and Treatment* by one of us, Aaron T. Beck. The basic concepts of the theory laid out in that volume still provide the foundation for the cognitive model 30 years later. As well the first systematic investigations of the theory described in the 1967 volume contributed to a paradigmatic shift in theory, research, and treatment of depression that resulted in a very vigorous and widespread research initiative on the cognitive basis of depression. The present book is intended to provide a comprehensive and critical update of the developments in cognitive theory and research on depression that have occurred since the initial publication in the 1960s.--David A. Clark, from the Preface.

a psychologist who practices cognitive therapy: Cognitive-Behavioral Therapy for Bipolar Disorder Monica Ramirez Basco, A. John Rush, 2007-02-12 From leading scientist-practitioners, this pragmatic, accessible book provides a complete framework for individualized assessment and treatment of bipolar disorder. It addresses the complexities of working with individuals with broadly varying histories and clinical presentations, including those who have been recently diagnosed, those who are symptomatically stable, and those who struggle day to day to achieve symptom remission. Extensive case material illustrates proven strategies for conceptualizing patients' needs and working collaboratively to help them adhere to medication treatments, recognize the early warning signs of manic and depressive episodes, build coping skills, and manage specific symptoms. The second edition is a complete revision of the original volume, updated and restructured to be even more user friendly for clinicians.

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evaluation of the evolutionary fitness of an individual, which represents the springboard for specific, evolutionary-driven behavioral and cognitive interventions. Based on the fitness evaluation, which takes place at intake, the CET therapist comes pre-equipped with a list of the patient's fitness problems and can start working on them very early on in therapy, potentially leading to shorter interventions and cost savings. This brief will appeal to clinical psychologists and therapists who frequently employ CBT principles in therapy, as well as to clinicians who want to incorporate insights from evolutionary disciplines into their approaches.

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a psychologist who practices cognitive therapy: Cognitive Behavior Therapy in Counseling Practice Jon Sperry, Len Sperry, 2017-11-08 This Cognitive Behavior Therapy text is brief, practical, comprehensive, and tailored just for counselors. Evidence-based CBT techniques are specifically adapted to counseling including core-counseling concepts such as social justice, strengths, wellness, and diversity (e.g., ethnicity, culture, sexual orientation, gender, disability) which are interwoven throughout the book's content. Each chapter includes case vignettes that reflect the work of professional counselors in school, clinical mental health, marital and family, and rehabilitation settings.

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interventions.

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a psychologist who practices cognitive therapy: *Rational-Emotive and Cognitive-Behavioral Approaches to Child and Adolescent Mental Health: Theory, Practice, Research, Applications* Michael Bernard, Mark D. Terjesen, 2021-01-05 This book is a newly revised version of the highly influential text, *Rational Emotive Behavioral Approaches to Childhood*

Disorders: Theory, Practice and Research, based on an earlier volume by Bernard and Ellis. The revised edition incorporates recent significant advances in applying this approach to younger populations, updates best practice guidelines, and discusses the burgeoning use of technology to deliver mental health services. Featuring content from experts across a variety of areas, the book provides clinical guidance to a range of professionals working with children, including counselors, social workers, clinical and school psychologists. It also offers extensive illustrated material, self-test questions, and other useful resources to aid with use as a graduate level text or training reference. Among the topics addressed: Developing therapeutic skillsets for working with children and adolescents Promoting self-acceptance in youth Building resilience in youth Parent counselling and education Teacher stress management Cognitive-Behavioral, Rational Emotive Treatment of Childhood Problems highlights the potential for evidence-based services to reach and positively influence child and adolescent populations that remain underserved by today's clinical and educational systems.

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a psychologist who practices cognitive therapy: The Pain Cure Dharma Singh Khalsa, Cameron Stauth, 2001-01-01 Dare to be pain-free! Are you one of the millions of Americans who suffer from chronic pain? Whether your problem is arthritis or back pain, TMJ or PMS, migraine or fibromyalgia, there's a solution that has worked for thousands. This powerful, comprehensive, four-pronged approach embraces proven techniques from sources ancient and modern, East and West. The lifework of a nationally renowned pioneer in integrative medicine, THE PAIN CURE attacks pain with: -- NUTRITION. Other therapies tell you what nutrients cause pain. THE PAIN CURE tells which ones stop pain. -- PHYSICAL THERAPIES. From exercise to acupuncture, massage to magnetotherapy, THE PAIN CURE helps you rebuild your body to stop pain. -- MEDICATION. From herbs to aspirin, homeopathy to hormones, THE PAIN CURE describes the best combinations for eliminating pain. -- MENTAL AND SPIRITUAL PAIN CONTROL. By focusing your own inner resources, THE PAIN CURE gives you stunning control over your pain -- and a new awareness of your true self.

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