

Chronic Pain and Opioid Management

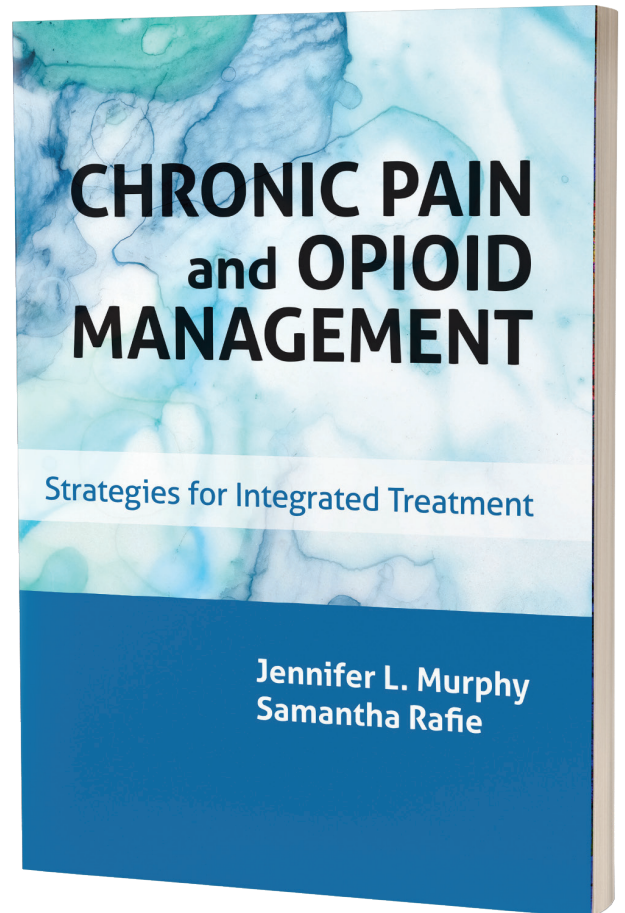
Strategies for Integrated Treatment

BY JENNIFER L. MURPHY AND SAMANTHA RAFIE

This book presents an integrated healthcare approach for treating those struggling with both persisting pain and opioid use in a patient-centered environment, while exploring the many factors that impact the patients' pain experience. The behavioral treatment strategies in this book aim to reduce suffering, improve functioning, and ultimately find the balance between physical and emotional wellbeing. Combining expert clinical guidance with the latest research and practical case examples, the book helps practitioners across healthcare disciplines understand their patients in pain, improve rapport and engagement, and implement treatment strategies to help patients live their best lives.

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“*A straightforward, feasible, evidence-based approach . . . The authors draw on their extensive clinical experience and offer a compelling and compassionate approach for patient engagement and participation in an integrated path toward regaining a sense of control and mastery and achieving valued, personally relevant life goals.*”

— ROBERT D. KERNS, PHD, PROFESSOR OF PSYCHIATRY, YALE UNIVERSITY

ABOUT THE AUTHORS

Jennifer L. Murphy, PhD, is a recognized authority and international speaker on optimizing behavioral treatments for chronic pain. In her long-term role as Clinical Director of Tampa VA's inpatient Chronic Pain Rehabilitation Program, Dr. Murphy provided clinical oversight for participants during opioid tapering. She is Associate Professor at the University of South Florida's Morsani College of Medicine.

Samantha Rafie, PhD, is a leader in developing and providing behavioral pain treatment in primary care to tertiary-level programs. Dr. Rafie is faculty at the University of California San Diego's Health Department of Psychiatry and San Diego VA Healthcare System, authored numerous peer-reviewed publications, and trained interdisciplinary teams and future health care professionals in providing psychologically informed pain care.