



Managing Your Headache Pain

Mind Body Medicine for Headache Reduction

The Six Week Program for Reducing Headaches and Improving Life

Anyone who has had a headache knows how bad headache pain can be. Frequent or chronic headaches can interfere with the ability to sleep, work or enjoy the activities of life.

Many people who experience migraines or tension headaches live in fear of the next attack. Some headache sufferers develop depression or other health problems.

THE FACTS

- 28 million Americans have migraine headaches and almost 14 million have chronic daily headaches
- Headaches are one of the top reasons for lost work/school days
- Headaches rank in the top 20 of the world's most disabling medical illnesses
- Headaches increase your risk for depression, sleep loss, anger and anxiety.

THE GOOD NEWS

Behavioral medicine treatments have been featured in well over 300 clinical trials. On average, people who practice behavioral medicine strategies report 40 – 55 percent improvement with their headaches. Many patients report:

- Decreased headache severity, frequency and duration
- Reduction in the amount of medicine necessary to control headaches
- Improved quality of life
- Improved ability in work, family and leisure life

Ask your doctor for a referral to *Managing Your Headache Pain Mind Body Program*.

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THE
University of Vermont
 HEALTH NETWORK

Central Vermont Medical Center

The Managing Your Headache Pain program is designed to address the unique needs of individuals with headache, migraine and headache-related conditions, including:

- Tension Headache
- Migraine Headaches
- Chronic Daily Headaches

Techniques taught in the Managing Your Headache Pain program include:

- Cognitive behavioral therapy
- Relaxation strategies
- Stress management techniques
- Biofeedback training
- Headache trigger management
- Pacing of activities
- Wellness activities

Behavioral treatment is meant to empower you to act in your own best interest. You will learn the most effective self-care strategies for reducing headaches and improving health.

COST

Behavioral medicine is covered by most insurance. We strongly encourage you to check with your insurance company to verify your own benefits. Behavioral Medicine is considered a mental health service. The Managing Your Headache Pain program is not reimbursed by Medicare.

FOR MORE INFORMATION

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