

# Have Pain?

Cognitive Behavioral Therapy (CBT) can help you manage your chronic pain.



Pain is making Jordan's life challenging. Jordan has tried many medications and other treatments, but nothing seems to work.

Jordan visits the doctor, who suggests trying **CBT for Chronic Pain (CBT-CP)**. CBT-CP is a treatment that teaches new ways to respond to pain, so people can feel better and live life more fully.



During 11 treatment sessions, Jordan works with a CBT-CP specialist. Jordan learns new skills, such as how to turn down the "volume" on pain and get back to doing activities that matter.

By the end of the sessions, Jordan saw notable improvements, just like in a recent evaluation of 1,331 Veterans:

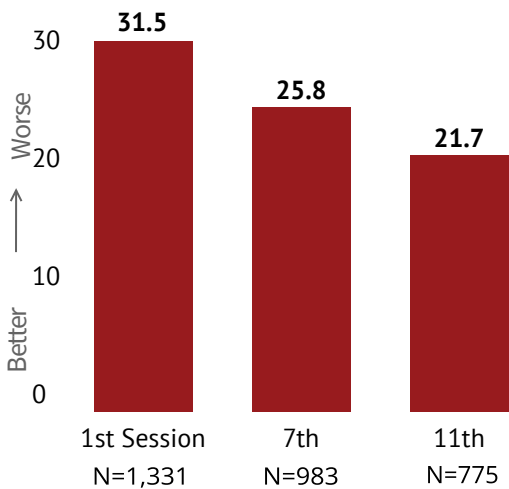
## Pain Interference

▼ **50%**

Percentage of Veterans completing CBT who reported a significant decrease in how much pain interferes with their lives

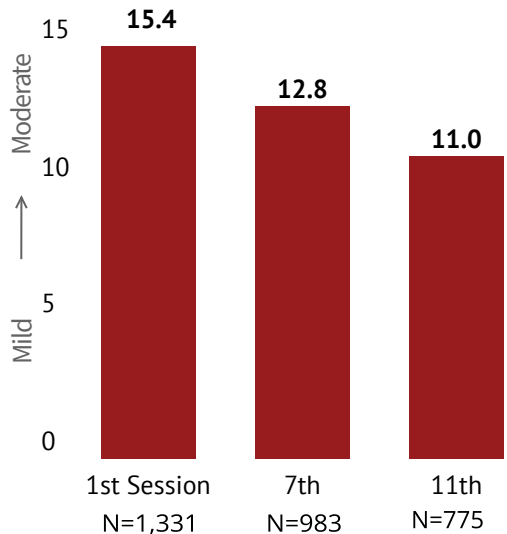
## Consumed by Thoughts of Pain

*On a scale of 0 - 52*



## Depression

*On a scale of 0 - 27*



See the study: <https://tinyurl.com/mr2jr42t>

# Take Action



Ask a member of your health care team about CBT-CP if your chronic pain is having an impact on your life.

**More information from VA on CBT-CP:** <https://tinyurl.com/ucjtsjad>



VA



U.S. Department of Veterans Affairs

Veterans Health Administration  
Health Services Research & Development Service