

WEBSITES

- **National VA Pain Management**
 - <https://www.va.gov/painmanagement/>
Wealth of VA-specific information including pages devoted to information about cognitive behavioral therapy for chronic pain (CBT-CP)
- **Treatment Works for Vets**
 - <https://www.treatmentworksforvets.org/proven-treatment-for-chronic-pain/>
User-friendly, patient-centered explanation about CBT-CP that includes videos, flip books, and other practical treatment information
- **American Chronic Pain Association (ACPA)**
 - <http://theacpa.org>
Dedicated to peer support and education for individuals with chronic pain and their families; includes free tools and local support group info

FREE APPS



Breathe2Relax

- Breathing tool that monitors breath and assists with relaxation



iBreathe

- Simple guided breathing guide that is easy to use and understand



Virtual Hope Box

- Excellent all-in-one resource for relaxation, distraction, and quotes



Mindfulness Coach

- Assists with noticing and paying attention to present moment



ACT Coach

- Offers guide for using Acceptance and Commitment Therapy (ACT) to help

BOOKS

- *Managing Pain Before It Manages You: Fourth Edition*, Margaret Caudill, PhD © 2016
 - Used thousands of patients for decades, great for self-management
- *The Pain Survival Guide*, Dennis Turk, PhD and Frits Winter © 2005
 - Easy to use, practical pain psychology workbook
- *The Opioid-Free Pain Relief Kit* Beth Darnall, PhD © 2016
 - Practical and accessible application of pain psychology skills with a relaxation audiophile and CD

*** The resources listed are shared but not endorsed by VA. ***