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Suggested treatments for chronic headaches include medication, physical therapy, acupuncture, relaxation training, and biofeedback. In addition, dietary alteration and behavioral therapy or psychological therapy are other possible treatments for chronic headaches.

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updated Cochrane review Psychological therapies for the management of chronic pain (excluding headache) in adults, Amanda C de C Williams, Emma Fisher, Leslie Hearn, Christopher Eccleston. Approximately 10-14% of adults have moderately to severely disabling chronic pain. We need to know what works and what doesn ' t work to help them manage it.

Psychological therapies for the management of chronic pain ...

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Management of Chronic Headache

treatments for chronic headaches
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headaches outlines a much needed systemic
perspective for the management of chronic
headache disorders the author carefully
identifies the complex determinants of
migraine and tension type headache
symptoms and provides the clinician with a
functional framework

Psychological Management Of Chronic Headaches

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Headaches outlines a much-needed
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chronic headache disorders. The author
carefully identifies the complex
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headache symptoms and provides the
clinician with a functional framework for
organizing interventions for the individual

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psychological therapy are other possible treatments for headaches outlines a much needed systemic perspective for the management of chronic headache disorders the author carefully identifies the complex determinants of migraine and tension type headache symptoms and provides the clinician with a functional framework for

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By definition, chronic daily headaches occur 15 days or more a month, for longer than three months. True (primary) chronic daily headaches aren't caused by another condition. There are short-lasting and long-lasting chronic daily headaches. Long-lasting headaches last more than four hours. They include: Chronic migraine; Chronic tension-type ...

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