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Jeanetta C. Rains · Robert A. Nicholson
Timothy T. Houle

Headache



**Advances in
Psychotherapy**
Evidence-Based Practice

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Headache

About the Authors

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About the Cover Illustration

Title of Print: *Going Against the Migraine* by Enoch “Doyle” Jeter

The cover image is an etching done on a zinc plate, hand colored and printed by the artist. It was created as an original, limited edition print and commissioned as cover art for this volume.

Artist’s Comment: *Although perhaps a bit over the top, I hope my depiction of what it feels like to suffer from a migraine captures those terrible moments so many of us sadly experience. Discussions with the authors (Don Penzien and others) were crucial in deciding on how to approach the image. My hat...and anvil...are off to them.*

About the artist: Enoch “Doyle” Jeter

- Born in Jena, Louisiana, USA
- Bachelor of Arts, Northeast Louisiana University, Monroe, Louisiana
- Master of Fine Arts, Highlands University, Las Vegas, New Mexico
- Printmaking Instructor and Artist in Residence, University of Louisiana–Monroe
- Public and private collections: USA, Ireland, Venezuela, Canada, Holland, Bali-Indonesia, Germany, Puerto Rico, etc.
- Numerous exhibitions, 1971 to present
- Artist’s web site: <http://www.enochdoylejeterart.com/>

To enquire about ordering signed prints of the cover illustration (*Going Against the Migraine*), please contact the author at doyle@enochdoylejeterart.com. All other enquiries are also welcome.

Advances in Psychotherapy – Evidence-Based Practice

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The basic objective of this series is to provide therapists with practical, evidence-based treatment guidance for the most common disorders seen in clinical practice – and to do so in a “reader-friendly” manner. Each book in the series is both a compact “how-to” reference on a particular disorder for use by professional clinicians in their daily work, as well as an ideal educational resource for students and for practice-oriented continuing education.

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Preface

This book describes the conceptualization, assessment, and empirically supported treatment of headache from a behavioral perspective. Though headache most certainly is at its core a neurobiological phenomenon, a large and ever-growing body of research indicates that behavioral factors (e.g., stress, psychiatric comorbidities, coping skills, cognitions) play an integral role in the onset and maintenance of headache disorders over time. Many mental health providers encounter headache as a common and disabling comorbidity among their psychiatric patients but lack the knowledge of how to effectively work with headache patients. Hundreds of studies over the past 4 decades have amply established the efficacy of behavioral therapies for headache disorders as well as the relevance of psychological/behavioral factors in headache. This book reviews the relevant psychological factors and describes how to implement efficacious behavioral interventions for headache within clinical practice settings. The intended audience is principally mental/behavioral health practitioners and trainees who want to know how to implement these interventions with their patients. This volume is also useful for other health care professionals wishing to supplement routine medical treatment of headache patients with empirically supported behavioral strategies. Basic familiarity with psychological principles of behavior change is assumed.

This book is divided into five chapters. Chapter 1 describes the most common primary headache disorders, differentiating migraine and tension-type headache from each other and from other headache disorders, reviewing common comorbid conditions, and outlining empirically supported assessment strategies. Chapter 2 gives an overview of the pathophysiology of migraine and the behavioral conceptualization of headache. Chapter 3 presents a framework for conducting a diagnostic

assessment and identifying factors affecting a patient's suitability for and response to treatment. Chapter 4 presents a step-by-step, manual-type guide to implementing the various interventions. This chapter includes a review of treatment efficacy and mechanisms of action, variations on the standard format of delivery, and strategies for addressing common problems in treatment. Chapter 5 provides a broad summary of the prior chapters. The Appendix provides a set of useful assessment and treatment forms and handouts.

Although tension-type headache is the most common of the primary headache disorders, migraine is the most common diagnosis among those who present for headache treatment within clinical settings. As such, the bulk of this volume focuses on migraine and migraine-specific comorbidities. However, the relevance and adaptation of assessment and treatment strategies for tension-type headache are integrated into various sections when appropriate and supported empirically. Although behavioral interventions are highly efficacious for children with headache, the primary focus herein is on adults with headache disorders; considerations for child and adolescent patients are incorporated when appropriate. This volume outlines multiple behavioral strategies and interventions but is not intended as a one-size-fits-all, cookbooktype manual. The clinician is instead encouraged to individualize and select interventions tailored to patient needs, resources, and other considerations. As such, this volume is intended to provide a structured approach that can be adapted across multiple clinical contexts and among a variety of headache patients.

Acknowledgments

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We wish to extend our utmost gratitude to coauthor Dr. Donald Penzien, who directly trained three of us (T.A.S., J.C.R., and T.T.H.), who mentored our early headache careers, and whose experimental and clinical contributions to behavioral medicine are unparalleled.

We are grateful also to our colleagues and students at the University of Mississippi, University of Mississippi Medical Center, Elliott Hospital, Mercy Clinic Headache Center/Mercy Health Research, and Wake Forest School of Medicine.

The concepts and strategies included herein reflect our combined experience of nearly 100 years in seeing headache patients and conducting headache research. We are grateful to every patient and research participant who has entrusted us with your pain, suffering, and experiences – for in your strength and sharing these pages were born. You inspired us to attend to aspects of your pain beyond the symptoms alone. This book is dedicated to you.

To our families – your love and support made our careers, and ultimately this volume, possible.

Dedications

To my parents, Johnny and Kathy, for an unwavering foundation of support and love. (T.A.S.)

To my daughter, Caitlin Penzien – the joy of my life. And to the many trainees and colleagues who have served as treasured friends and collaborators over the years, including Dr. Jeanetta Rains, Dr. Tim Houle, Dr. Todd Smitherman, and Dr. Ken Holroyd, to name only just a few. (D.B.P.)

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To my parents, Don and Judy. To my amazing daughters, Ashtyn and Ansley – you both bring a smile to my heart every day. To my wife, Hilari – your unconditional love, support, and friendship makes me fall more in love with you every day. (R.A.N.)

To my mother, Mary Lou. To my brothers, Jeff and Chris – I have written a book and you have not. To Dr. Todd Smitherman – Thank you for your herculean efforts in the writing of this book. (T.T.H.)

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