A Cognitive-Behavioral Approach to the Beginning of the End of . - Google Books Result Pain is a common and often disabling problem in cancer patients. Medical and surgical approaches are considered the mainstay of cancer pain treatment. Cognitive-behavioral therapy is currently the most widely used psychological treatment for cancer pain. The use of cognitive-behavioral therapy can reduce pain and improve quality of life for patients with cancer. The goals of treatment include: 

1. Reducing pain intensity and frequency
2. Improving functional status
3. Enhancing coping strategies

Cognitive-behavioral therapy is based on the principles of cognitive and behavioral psychology. It involves a collaborative process between the therapist and the patient, where the patient learns to identify and challenge maladaptive thoughts and behaviors. The therapist helps the patient to develop coping strategies, set goals, and monitor progress. Cognitive-behavioral therapy can be delivered individually or in a group setting. Patients with cancer often experience both physical and psychological distress, and cognitive-behavioral therapy can help address both aspects of the patient’s experience.
Behavioral Medicine: The Challenge of Integrating Psychological treatment of cancer patients: a cognitive-behavioral approach · William L. Golden, Wayne D. Gersh, David M. Robbins Snippet view · 1992 Psychological, rehabilitative, and integrative therapies for cancer pain May 2, 2014. of hypnosis and cognitive behavioral therapy to help breast cancer patients keep their mental health in check. Cognitive behavioral therapy is a goal-oriented therapeutic approach that helps a patient manage their cognitive processes, such as Zion underwent breast cancer treatment in 2010. Behavioral Intervention for Cancer Treatment Side Effects While the biomedical approach allowed for successful treatment of many acute. (39, 46, 53) Treatments evaluated typically include either cognitive-behavioral therapy, cancer studies that have examined psychological and behavioral treatments. One study found that up to 80% of patients did not adhere to therapeutic approaches to the management of pain in patients. Cognitive Behavioral Therapy in Cancer Patients - Psikiyatride Cognitive behavioral therapy (CBT) is a form of psychotherapy. Most therapists working with patients dealing with anxiety and depression use a blend direct, and time-limited treatments for individual psychological disorders that are specific Interventions such as imaginal exposure therapy combine both approaches.