BEHAVIORAL AND PSYCHOLOGICAL ASPECTS OF MIGRAINE

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Learning objectives
At the conclusion of this presentation, participants will be able to:
• Understand the science and art of communication
• Enhance motivation and adherence among patients being managed for migraine
• Be familiar with and able to apply empirically supported behavioral treatments in clinical practice
• Incorporate behavioral strategies into treatment plans that are tailored to the needs of their patients

Resource and Reference List
Finding Providers for Behavioral/ Psychological Treatment
3. CBT- Association for Behavioral and Cognitive Therapies referral database: www.abct.org
   or http://www.resourcenter.net/Scripts/4Disapi6.dll/4DCGI/resctr/search.html
5. Biofeedback- Biofeedback Certification International Alliance (BCIA):
   http://certify.bcia.org/4dcgi/resctr/search.html

Relaxation exercises, diaphragmatic breathing, guided visual imagery: http://dawnbuse.com/relaxation.htm
Patient Health Questionnaires (PRIME-MD, PHQ-9, PHQ-4, PHQ-2, GAD-7): http://www.phqscreeners.com/
Migraine Disability Assessment Scale (MIDAS): http://www.achenet.org/midas/
Headache Impact Test (HIT-6): http://www.headachetest.com/

Reference List


27. HahnSR. Patient-centered communication to assess and enhance patient adherence to glaucoma medication. Ophthalmology 2009;116(11 Suppl);S37-42.


