

BEHAVIORAL AND PSYCHOLOGICAL ASPECTS OF MIGRAINE

Dawn C. Buse, PhD

Montefiore Medical Center and Albert Einstein College of Medicine
Bronx, NY

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

1. American Headache Society membership and referral database: <https://americanmigrainefoundation.org>
2. American Psychological Association Psychologist Locator Service: <http://locator.apa.org>
3. CBT- Association for Behavioral and Cognitive Therapies referral database: www.abct.org
4. Biofeedback- Association for Applied Psychophysiology and Biofeedback: <http://www.aapb.org/providers.html> 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.phqscreener.com/>

Migraine Disability Assessment Scale (MIDAS): <http://www.achenet.org/midas/>

Headache Impact Test (HIT-6): <http://www.headachetest.com/>

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