



# Chronic Headaches: Biology, Psychology, and Behavioral Treatment

*Jonathan M. Borkum*

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## **Chronic Headaches: Biology, Psychology, and Behavioral Treatment** Jonathan M. Borkum

This is the first new book in many years to provide a comprehensive review of the latest theory, research, and treatment of chronic headaches from a biopsychological perspective. It is designed to make the tools of assessment and therapy widely accessible, while placing them in the context of how the disorders arise. The physiology and psychology of pain, and each disorder, are reviewed in an accessible manner. Clinical experience, laboratory data, and illustrative vignettes aid in treatment selection.

Part I introduces the major types of headaches and provides a comprehensive review of pain. Part II details the major forms of headaches—migraine, tension-type, cluster, secondary, and headaches in children. A clinical presentation introduces each type of headache, followed by the physiological and psychological underpinnings and their implications for assessing and treating patients. Part III serves as a clinical guide for practitioners. The book closes with an analysis of how well the treatments work, the mechanisms behind the efficacy, and guidelines for treatment matching.

A range of practical tools is incorporated. Clinical evaluation is reviewed in depth, including the interview, psychometrics, and psychophysiological assessment. Key sections of the 2004 International Headache Society diagnostic criteria serve as a “mini” diagnostic manual. Tables allow rapid look-up of the various disorders and their distinguishing characteristics; trigger point referral patterns; and the comparative merits of migraine medications. Blank headache diaries, appropriate for various stages of treatment, serve as models. A relaxation exercise is provided, as are muscle tension and hand temperature norms. Key terms are defined in the extensive glossary to help psychologists and medical professionals share vocabulary. Medical, herbal, and behavioral therapies are discussed in terms of the underlying science.

*Chronic Headaches* is intended for healthcare providers, pain specialists, psychologists, researchers, and clinicians who study headaches in a variety of disciplines. This accessible, student-tested text is ideal for graduate courses on the psychology of pain and/or chronic headaches. Readers will gain expertise in headaches and a clear sense of how to translate this knowledge into clinical practice.

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