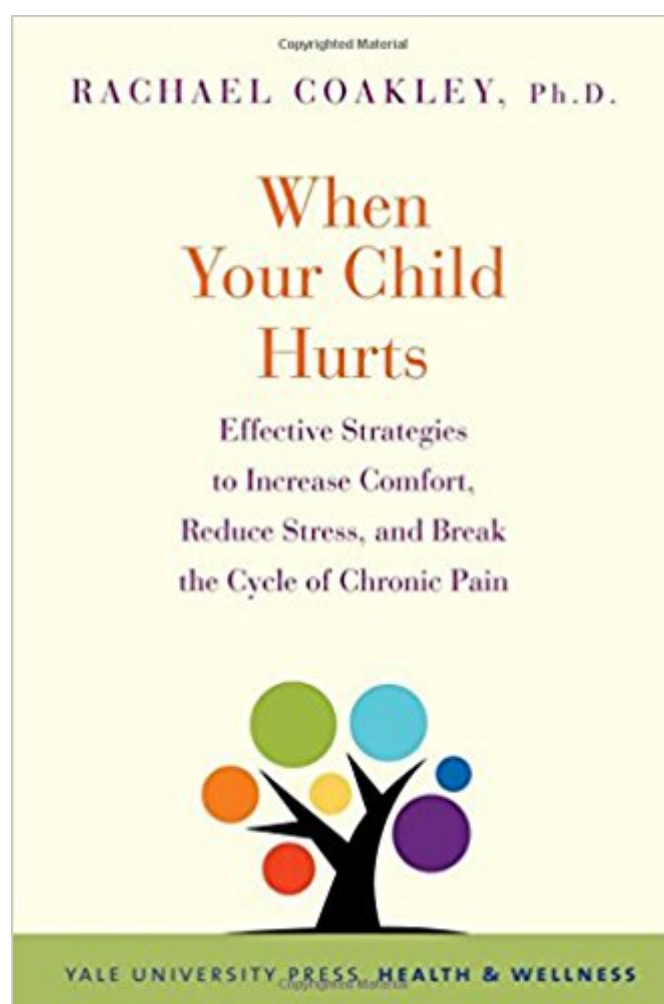


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# When Your Child Hurts: Effective Strategies To Increase Comfort, Reduce Stress, And Break The Cycle Of Chronic Pain (Yale University Press Health & Wellness)





## Synopsis

The foremost resource for parents and caregivers seeking ways to help their child increase comfort and overcome chronic pain. Parents of a child in pain want nothing more than to offer immediate comfort. But a child with chronic or recurring pain requires much more. His or her parents need skills and strategies not only for increasing comfort but also for helping their child deal with an array of pain-related challenges, such as school disruption, sleep disturbance, and difficulties with peers. This essential guide, written by an expert in pediatric pain management, is the practical, accessible, and comprehensive resource that families and caregivers have been awaiting. It offers in-the-moment strategies for managing a child's pain along with expert advice for fostering long-term comfort. Dr. Rachael Coakley, a clinical pediatric psychologist who works exclusively with families of children with chronic or recurrent pain, provides a set of research-proven strategies—some surprisingly counter-intuitive—to achieve positive results quickly and lastingly. Whether the pain is disease-related, the result of an injury or surgery, or caused by another condition or syndrome, this book offers what every parent of a child in pain most needs: effective methods for reversing the cycle of chronic pain.

## Book Information

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## Customer Reviews

“Parents of kids with chronic pain, as much or more than other patient populations, want to know what concretely they can do to help their kids. With its focus on psychological techniques,

teaching vignettes, and workbook strategies, this book is a unique

resource. **Gerard A. Banez, Ph.D., Program Director, Pediatric Pain Rehabilitation Program, Cleveland Clinic**

“What a truly wonderful book and a gift to families dealing with chronic pain and to the clinicians who care for them! Dr. Coakley’s extensive knowledge

base, deep clinical experience, and personal warmth and compassion are evident on every page.

**Neil L. Schechter, M.D., Director, Chronic Pain Clinic, Boston Children’s Hospital**

“Dr. Coakley’s book is a superb roadmap and guide for parents of children and adolescents with chronic pain. Her tone and message will resonate with parents from a very broad array of backgrounds and parenting styles. Just the right balance of contemporary research, evidence for what works, and down-to-earth, practical guidance. Simply the best book on this subject for parents.

**Charles Berde, M.D., Ph.D., Chief of Pain Medicine, Boston Children’s Hospital**

“Dr. Coakley’s book is a superb roadmap and guide for parents of children and adolescents with chronic pain. Her tone and message will resonate with parents from a very broad array of backgrounds and parenting styles. Simply the best book on this subject for parents.

**Charles Berde, M.D., Ph.D., Chief of Pain Medicine, Boston Children’s Hospital**

“Dr. Coakley has developed a priceless resource for parents of children who experience chronic pain. Writing from her own considerable experience with these parents and children she offers accessible information to help parents understand chronic pain and guide their children toward a return to their normal, active lives. Through stories of real children and parents who have conquered chronic pain, step by step explanations of research-based tools and approaches to managing pain, and concrete resources, she offers parents all the tools they need to help their children feel less stress and more comfort. The book helps parents to take a much needed step back from focusing on pain alone, to see this problem in the context of not only the whole child but also the important systems—family, school, peers—that play crucial roles in both children’s experiences of chronic pain and their recovery from it. Dr. Coakley brings all available resources to bear upon the goal of helping children manage chronic pain and describes these resources in clear, useful ways that will undoubtedly help parents feel less helpless and more effective in parenting a child with chronic pain or medical stress.

**Deirdre Logan, Ph.D., Harvard Medical School**

Rachael Coakley, Ph.D., is associate director of Psychological Services in the Pain Treatment Service and director of the Comfort Ability Pain Management Program, Boston Children’s Hospital. She is also assistant professor, Department of Psychiatry, Harvard Medical School.

This book does an amazing job of shining a light on the very complex and difficult issues that children and teens suffering from chronic pain experience. Modern medicine has come so far, and yet, so many of these kids are filled with anxiety, confusion, sadness, and anger because these diagnoses often allude skillful clinicians. Dr. Coakley leverages her vast experience at the world renowned Children's Hospital Pain Clinic to first explain, then prepare and finally help teens and children construct a multi-disciplinary plan to find greater comfort and return to their previous levels of function and happiness. The techniques described in this book can be utilized by the child him/herself, with a parent, and/or ideally by a licensed therapist skilled in CBT practices. This book is a surprisingly good read. It is extremely well written, as her skill as a writer rivals her clinical skills. After reading it, I bought multiple copies to give to other parents with a teen experiencing chronic pain, as well as for the pediatrician, school nurse, and guidance counselor. If you know a family challenged by one of these complex, frustrating diagnoses, get them a copy. You might well significantly improve the quality of life of the whole family.

This is a wonderful review of what is needed for a comprehensive pain management plan for children and teens. Medications are often not enough. The non-pharmacological strategies are just as or more important. I will be regularly recommending this book to patients with chronic pain disorders.

This is a clear, concise description of all the information I have gleaned over time from Boston Children's Hospital, with meaningful examples for emphasis. Even for a family who have been at this for quite a while, and without the wearing problem of resistance to the message that the key is within the child, this book was very helpful and motivating.

Well written with lots of useful information. I have learned a lot. As a mom of a child with chronic pain I think all involved with treatment of chronic pain kids should read it. Bought a second to give to our medical team. It is easy to read so my 14 year old is working on it. Recommended

This book was recommended by our doctor. Our son has chronic pain. It is a lot to take in, but the book is great and helps to give you an idea of the path to take to get back to functioning

Easy to read

If you have a child with chronic pain issues this is a Great book for parents, really everyone, to read.

A powerful book that includes a helpful understanding of how pain works, assessment of evidence-based professional treatment, and techniques to do at home. The breathing and relaxation exercises are incredibly useful and not just for children but even work for adults too! The writing is clear and informative and Coakley tackles these complex issues brilliantly.

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