

# BHP Bluegrass Health Psychology, Inc.

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## Behavioral Headache Treatment Information Sheet

*So you've been referred to a psychologist ...*

Psychological headache treatment is a standard treatment in most multi-specialty headache clinics in the United States. It has found to be significantly effective in reducing headache pain and improving sleep. Do not assume that we think your headache is not real or is imaginary. Having a pure psychologically caused headache is very rare. Most headaches are what are known as *psycho-physiological disorders* or physical problems which are made worse from psychological issues such as stress. In fact, stress has been found to be the number one trigger for both tension and migraine headaches. Also, poor sleep has been found to exacerbate headaches. Psychological treatment for headaches can help you reduce stress and improve sleep, which often decreases the headache severity.

Your first evaluation will consist of meeting with the psychologist and completing some paper and pencil tests. This will be your longest session and could take up to 2.5 hours. Any treatment sessions will take around 30 minutes. Treatment involves relaxation training, stress management, insomnia treatment, and thermal and EMG biofeedback. Your average number of treatment sessions would be three. The goal is to teach you techniques to treat your headache and sleep which you can use the rest of your life. Most insurances cover this treatment. If you have any questions you can call our office at (859)-277-1008.