

Cognitive-Behavioral Therapy (CBT) for Headache Management

What is Streamind Health for Headache?

Short-term, research-backed therapy for children and teens with migraine and headaches — taught by therapists with specialized pediatric headache training.

Important Note: A referral to CBT-Headache does not mean we believe pain is "in your/your child's head." Migraine or headache is a real disorder and this is a science-backed treatment to help.



Watch & Learn 3.5 MIN

Scan to watch why CBT-Headache works. Kids learn nervous-system regulation, healthy habits, and new ways to think about pain — for fewer, milder headaches and more confidence.

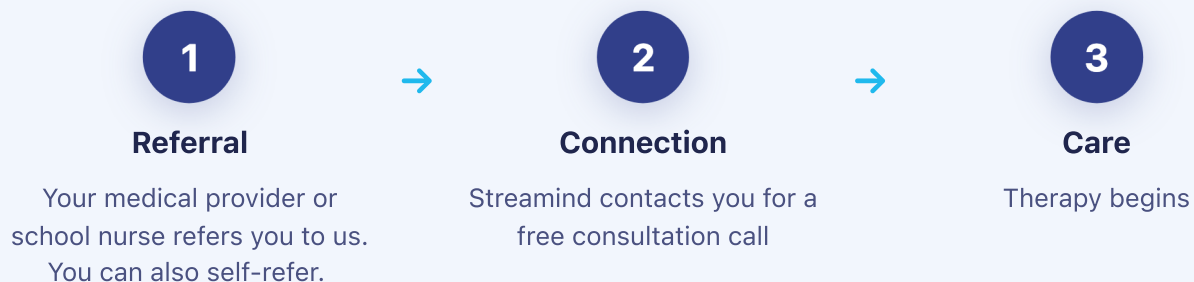
We Support Children & Teens with:

- Headaches, migraine, pain, dizziness, fatigue
- Stress or anxiety about symptoms or treatment
- Difficulty participating in school or daily routine

What Families Can Expect:

- ✓ HIPAA-compliant virtual sessions from home
- ✓ Pediatric headache specialists
- ✓ Fast access — no long waitlists
- ✓ Collaboration with your child's care team
- ✓ Support navigating insurance

How It Works



Questions? We're Here to Help:

707-666-3397

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