

Cognitive-Behavioral Therapy (CBT) for Headache Management

What is CBT for Headache?

CBT for Headache teaches specific therapeutic tools to help kids improve their symptoms and daily functioning. Therapy should be provided by a licensed mental health provider with specialized training in pediatric migraine and headache care, or if not available, a provider with CBT training able to teach skills that target headache symptoms specifically. Research tells us that adding CBT for Headache to a child's treatment is **more effective** than medication alone.

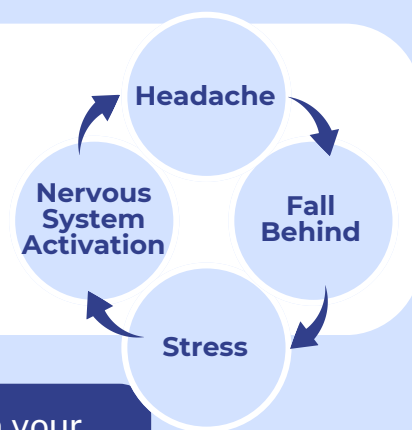
CBT-HA Supports Kids & Teens with:

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

Why CBT for Headache Management?

CBT for Headache is focused on **targeting headache symptoms directly**.

Concerns that an activity may trigger a headache can be scary, falling behind on school work due to frequent absences may cause anxiety, and missing out on seeing friends often affects mood. This stress activates the nervous system and makes headaches worse! **It's a cycle.**



Important Note: A referral to CBT for headache does not mean your neurologist believes pain is “in your/your child’s head.” We understand that the pain is very real and we want to do everything we can to help.

If you are looking for a CBT for Headache Provider:

talk to your doctor about available resources near you.

If you're in California, check out Streamind Health - a telehealth CBT for Headache option.