

# streamind: for providers

HEALTH

Streamind provides live video **cognitive behavioral therapy (CBT)** to adolescents with medical conditions and health concerns, **beginning with GI discomfort and headaches**. CBT is an evidence-based therapy that helps to **reduce pain intensity/frequency** and **improve functioning**.

## Referral Criteria:

Adolescents aged **12-17 years** experiencing **4+ Headaches/month** or with **IBS** or **Chronic Abdominal Pain**

## Referral Form:

[www.streamindhealth.com/referrals](http://www.streamindhealth.com/referrals)

Please arrange for records to be faxed to: **855-234-9106**

## Tips for Prescribing CBT-HA and CBT-GI to Patients

1

### DESCRIBE

Clearly describe Cognitive Behavioral Therapy.

*"CBT for [GI/headache] is a type of therapy that **teaches you skills** to learn to manage your symptoms."*

2

### EDUCATE

Emphasize the strong evidence base.

*"Research shows that CBT helps reduce pain intensity and improves quality of life for adolescents."*

3

### PRESCRIBE

Prescribe CBT as you would a medication.

*"I'm **prescribing you CBT** to help you manage your [abdominal pain/headache]. Unless you'd prefer otherwise, I'll place the referral now so you have access to it. At your intake session, the therapist will explain how CBT may help you, and you can decide if you'd like to continue."*