

Cognitive-Behavioral Therapy (CBT) for Headache Management

What is Streamind Health for Headache?

Streamind Health for Headache is a behavioral health service designed for children and teens with migraines and headaches. Streamind therapists teach specific therapeutic tools to help kids improve their symptoms and daily functioning. We offer **short-term, research-backed therapy** from therapists with **specialized training in pediatric migraine and headache** care. Services are provided remotely, allowing families to access expert support conveniently and privately from the comfort of their homes.

We Support Kids & Teens with:

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

How it Works:

Referral

Your doctor refers you to us

Connection

Streamind contacts you for a free consultation call

Care

Therapy begins!

What Families Can Expect:

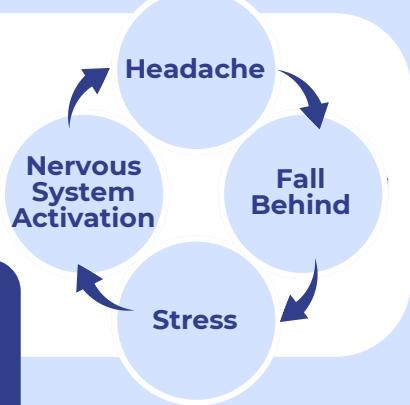
- ✓ Virtual therapy sessions from home
- ✓ Pediatric headache specialists
- ✓ Fast access – no long waitlists
- ✓ Collaboration with child's care team
- ✓ HIPAA-compliant, secure platform
- ✓ Support in navigating insurance

Why CBT for Headache Management?

Streamind Health therapists have expertise in **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 psychotherapy 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.



Questions? We're Here to Help:

Patients and providers can contact our wonderful administrative team.

 707-666-3397

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