

Department of Psychiatry

Grand Rounds



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1:15 - 2:30

Rm 409L

School of Medicine



UT Health

San Antonio

School of Medicine

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Financial Disclosure

Dr. Vowles has no relevant financial or nonfinancial relationships with any proprietary interests.

Psychological Approaches to Chronic Pain and Suffering: The Example of Acceptance and Commitment Therapy

Learning Objectives

To provide an overview of Acceptance and Commitment Therapy for chronic pain, including its treatment targets and hypothesized mechanisms.

To become familiar with the current state of the evidence for this approach, including treatment outcomes and comparative effectiveness of unidisciplinary vs. interdisciplinary treatment.

To identify shortcomings and gaps in the current evidence base, as well as identify important areas for future work.

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