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Pain Fact of the Month

Psychological therapies can reduce headache pain in children and adolescents

As many as **58%** of children and adolescents experience headaches

Psychological treatment should be routine for children with chronic headache pain

Cognitive strategies can include hypnosis, stress management, and guided imagery

Behavioural management strategies can include relaxation training and biofeedback

Caregivers should be provided education in communication strategies and problem-solving skills to help their child

Psychological therapies can be part of a **multimodal treatment plan** that also includes physical rehabilitation and medical strategies

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