

# Behavioral Treatment Resources for Patients



Behavioral treatment is an essential and evidence-based component of your migraine treatment. Common treatments include cognitive-behavioral therapy (CBT), relaxation training and biofeedback. Below are resources you can access to learn more about behavioral therapies and what might be right for you.

## Cognitive Behavioral Therapy

As the name suggests, this short-term and goal-oriented psychotherapy uses strategies related to the mind, body and lifestyle to help manage migraine. You will learn ways to identify and overcome negative “self-talk” to improve your coping mechanisms. You will also learn to identify behaviors that may contribute to migraine, set up a structured plan to promote healthy lifestyle habits and learn ways to decrease physical distress that comes with having an attack.

Search for a CBT-trained therapist on the Psychology Today website using filters for CBT.

<https://www.psychologytoday.com/us>

Search for a CBT-trained therapist on the Association for Behavioral and Cognitive Therapies website.

<https://www.abct.org>

## Relaxation Training

When you experience stress or fear, your nervous system automatically responds. This is also known as your “fight-or-

flight” response. In relaxation training, you can learn a range of skills to help control your response to pain and stress. It’s important to practice these strategies daily and proactively to help your body more easily activate a “relaxation response” when a migraine attack does strike. Therapists often provide relaxation training as a part of treatment, and you may also access training material online or through phone applications.

### Meditation Focused

- MyLife Meditation Phone Application
- Calm Phone Application
- Smiling Mind Phone Application

### Diaphragmatic Breathing

- BellyBio Interactive Breathing Phone Application
- Breathe2Relax Phone Application

### Progressive Muscle Relaxation

- Progressive Muscle Relaxation Training Video  
<https://www.youtube.com/watch?v=ihO02wUzqkc>

### Guided Imagery

- Guided Imagery Video  
<https://www.youtube.com/watch?v=pi2UCByfiXQ>
- Guided Imagery Audio Files  
<http://www.dawnbuse.com/relaxation/>

## Biofeedback

Through biofeedback, you can learn to control certain bodily functions that were normally thought to be involuntary, such as your heartbeat. During biofeedback, you're hooked up to sensors to see the physiologic changes that happen during stress. (for example, increased muscle tension, increased heartbeat). The goal is then to learn relaxation techniques to modify or control those changes.

Patients may learn more about biofeedback and search for a Board Certified International Alliance (BCIA) Biofeedback Practitioner on the BCIA website:

<https://www.bcia.org>



## Additional Resources

Mindfulness for Teens (Guided meditations)

<https://mindfulnessforteens.com>

UCLA Mindfulness Awareness Research Center (Guided Meditations in English and Spanish)

<https://www.uclahealth.org/marc/mindful-meditations>