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headaches include medication, physical therapy, acupuncture, relaxation training, and biofeedback. In addition, dietary alteration and behavioral therapy or psychological therapy are other possible treatments for chronic headaches.

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Wikipedia
Psychological assessment and treatment of chronic headaches
Primary headaches: A special case of chronic pain. Headaches by definition are pain in the head (or to use the technical... Conceptualising and assessing primary headaches: The Functional Model of Headaches. A

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of severely disabling chronic pain. We need to know what works and what doesn't work to help them manage it.

Psychological therapies for the management of chronic pain ...

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headaches outlines a much needed
systemic perspective for the management
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headache symptoms and provides the
clinician with a functional framework

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"Psychological Management of Chronic
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systemic perspective for the management

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of chronic headache disorders. The author carefully identifies the complex determinants of migraine and tension-type headache symptoms and provides the clinician with a functional framework for organizing interventions for the individual patient.

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By definition, chronic daily headaches occur 15 days or more a month, for longer than three months. True (primary) chronic

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