

FUNCTIONAL MODEL TO CHRONIC HEADACHE WORKSHEET

INSTRUCTIONS

1. Access the article found at [torontoconcussion.ca > Education > Library > “Headache Behavioural Therapy”](https://torontoconcussion.ca/terminology/headache-behavioural-therapy/) (<https://torontoconcussion.ca/terminology/headache-behavioural-therapy/>) to complete the worksheet found on the next page.
2. Note that the worksheet below is broken into seven sections/columns.
 - a. The webpage “Headache Behavioural Therapy” (referenced above) contains a series of questions for each of these seven sections.
 - b. Think about your answers to each of these questions.
3. In the worksheet below, jot down your responses to each section in the box corresponding to that section.
4. An example of how a completed worksheet looks is displayed on the same webpage “Headache Behavioural Therapy”.

REFERENCES

Martin, P. (1993). Psychological Management of Chronic Headaches: Treatment Manual for Practitioners. Guilford Press.

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ANTECEDENTS				HEADACHE	CONSEQUENCES	
PREDISPOSING	ONSET	SETTING	IMMEDIATE	DURING HEADACHE	IMMEDIATE	LONG-TERM

