

## **Psychology and Amplified Musculoskeletal Pain Syndrome (AMPS)**

Children with Amplified Musculoskeletal Pain Syndrome (AMPS) and their families can benefit from Cognitive Behavioral Therapy (CBT). We suggest that children attend weekly psychotherapy. We **do not** recommend making an appointment with a pain specialist since we want children to avoid a focus on pain.

### **The goal of CBT:**

- focus on daily life stressors
- learn skills to cope with stressors

### **CBT can help your child with:**

- coping strategies to manage pain and disruptions to daily living
- identifying stressors
- practicing communication skills
- managing feelings

### **How can I find a Cognitive Behavioral Therapist for my child?**

- Identifying a provider:
  - insurance company websites
  - psychologytoday.com
  - Referral from a friend, school counselor or your pediatrician
- Look for a provider who specializes in children/teenagers.
  - Narrow searches by location, gender, specialty (i.e., anxiety, depression)
- It is important that your child (and family) likes the provider.
  - This may take a few sessions.
  - Have older children/teenagers be part of the search process. They are more likely to attend appointments if they have been involved from the start.
- If you are looking for both individual and family services, we recommend choosing two separate providers to preserve privacy and provide your child with independent space to build coping skills.
- The AMPS psychologists can help to educate outside providers on AMPS with the completion of a Health Insurance Portability and Accountability (HIPAA) form:
  - diagnosis
  - treatment
  - therapy recommendations
- For help with coordinating treatment with outside providers and HIPAA forms, contact us at [AMPSPprogram@email.chop.edu](mailto:AMPSPprogram@email.chop.edu).