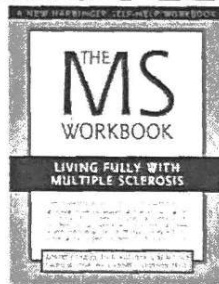


## Multiple Sclerosis Rehabilitation Psychology Services

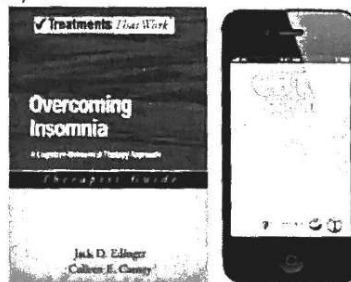
- Neuropsychological assessment
- Rehabilitation-focused interventions
  - o Coping with new diagnosis/disease progression
  - o Navigating changes in vocational and social roles
  - o Symptom management (fatigue, pain, sleep disturbance, mood)

## Clinician Resources

- MS Education and Symptom Management
  - o The MS Workbook (Fraser, Kraft, Ehde, & Johnson)
  - o <http://msrrtc.washington.edu/info/msworkbook> (available for free online)



- Insomnia
  - o Overcoming Insomnia: A CBT approach therapist guide (Edinger & Carney)
  - o CBT-I Coach App (VA/DoD)



- More ACT and CBT
  - o Acceptance and Commitment Therapy
    - Get Out of your Mind and into Your Life (Hayes & Smith)
  - o Mindfulness
    - A Mindfulness-based Stress Reduction Workbook (Stahl & Goldstein)
  - o Pain
    - Managing Chronic Pain (Otis)

