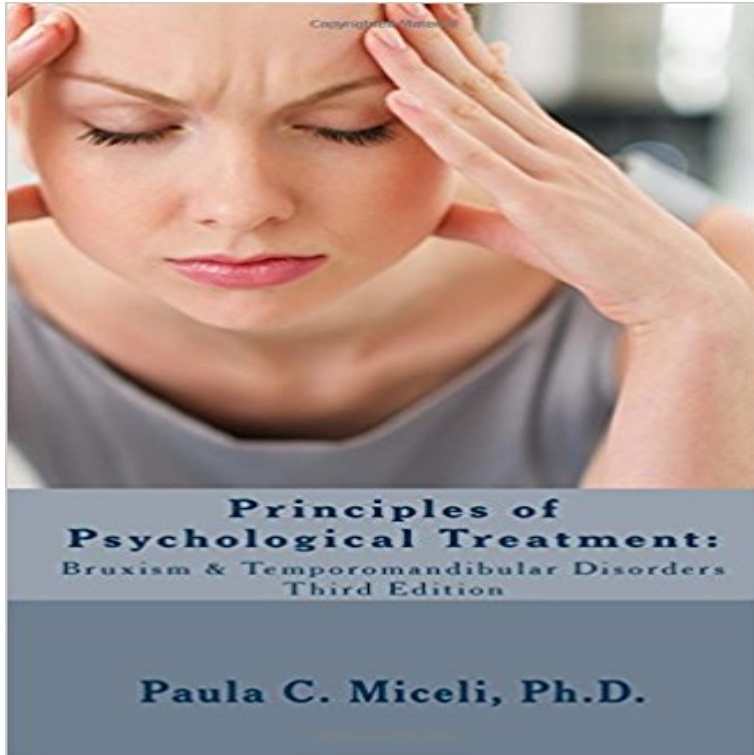


Principles of Psychological Treatment: Bruxism & Temporomandibular Disorders: A Research-Based Guide



Sufferers of Temporomandibular Disorders, including TMJ syndrome, confront not only pain and jaw dysfunction, but also a complex and lengthy recovery process that may not result in total symptom resolution. In *Principles of Psychological Treatment: Bruxism & Temporomandibular Disorders*, a summary of the therapeutic issues and targets for effective health assessment and intervention is presented. The guide is well-suited for health care practitioners, including physicians, nurses, physiotherapists, dentists, psychologists, mental health clinicians, as well as TMD sufferers and their families who seek to be informed about their care options. This third edition includes a discussion of the recommendations for psychosocial care contained in professional dental guidelines for TMDs. A special Appendix was added to explain how clinical guidelines are developed, and their value in guiding the decision-making of healthcare professionals and consumers.

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