



Psychological Treatment of Chronic Illness: The Biopsychosocial Therapy Approach

Len Sperry

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Psychological Treatment of Chronic Illness: The Biopsychosocial Therapy Approach is unique in its focus on the experience of chronic illness from both the patient's and the provider's perspective. It emphasizes the need for a comprehensive biopsychosocial assessment, case conceptualization, and treatment plan. It also stresses the clinical value of tailoring the treatment process to a patient's personality, family, culture, and health dynamics. In addition, countertransference and other therapeutic relationship issues are addressed because they are more common and problematic in working with people who are chronically ill than they are with traditional psychotherapy clients. Case studies and extensive session transcripts further illustrate the process of treating chronic illness.

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