

# BRIDGING THE GAP

*A newsletter for medical professionals*

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## FEATURE ARTICLE

### Chronic Pain and Biopsychosocial Disorders: The BHI® 2 Approach to Classification and Assessment

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While chronic pain is generally recognized as being a bio-psychosocial phenomenon, what is often overlooked is that illness, injury, psychological and social factors interact over the course of time to produce distinctly different types of bio-psychosocial disorders. Effective treatment requires that the clinician not only identify the biological, psychological and social aspects of a condition, but also understand how each component interacts.

"For the patient who is psychologically healthy, there are numerous motivations to recover. However, in some cases, whether due to the severity of the medical condition, incorrect diagnosis, inadequate treatment, preexisting psychological vulnerabilities, complicating psychological reactions, or factors in the social environment, some patients fail to recover and instead enter a downward spiral." The authors call this spiral "The Biopsychosocial Vortex". View an illustration of "The Biopsychosocial Vortex" and read the entire article, published in Practical Pain Management Vol. 5, Issue 7, by [clicking on this link to the article](#).

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