Cognitive Functional Therapy (CFT): An integrated treatment approach for persistent pain

Kieran O’Sullivan is one of the international researchers who worked intensively together

with Prof. Peter O’Sullivan to develop the ‘Cognitive Functional Therapy (CFT)

intervention. CFT is an approach to the management of pain disorders that considers factors across the biopsychosocial spectrum that contribute to the development and maintenance of a pain disorder. It provides a logical framework allowing skilled clinicians to both diagnose, triage, and target management where appropriate. CFT integrates cognitive strategies and functional rehabilitation to change provocative movement and cognitive behaviors that provoke and maintain pain. his approach has been developed through a combination of synthesis of contemporary scientific literature and a body of original research led by Prof Peter O’Sullivan and a collaborative team of international researchers. There is emerging evidence that the CFT approach provides better clinical outcomes than the current best clinical practice in the management of non-specific chronic spinal pain. This talk will outline the rationale of CFT, provide an overview of the available evidence and outline current challenges with this and similar approaches.