

Literatur
 Hartmut Göbel: **Beispiel:
 Kursbuch Migräne.**
 Süd-West-Verlag München 2005

Hartmut Göbel:
**Erfolgreich gegen Kopf-
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 Springer-Verlag Berlin Heidelberg
 2005, 4. Auflage

**Entspannungstrainings-
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 von Prof. Göbel auf CompactDiscs,
 Neuro-Media Verlag 2007:
 Progressive Muskelrelaxation/
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 Imaginationstherapie.
 Informationen und Bestell-
 möglichkeiten finden Sie im
 Internet www.neuro-media.de

Hartmut Göbel:
**„Weil ich mit Schmerzen
 leben muss...“**
 Interviews mit Schmerzpatienten -
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 Beschwerden.
 Südwest-Verlag 2006

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 Hartmut Göbel:
**Die Kopfschmerzen -
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 Diagnostik und Therapie
 in der Praxis.**
 Springer-Verlag Berlin Heidelberg
 New York 2004

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Name

geb. am:

Liebe Patientin, lieber Patient,

zur Verlaufs- und Erfolgskontrolle bitten wir Sie, diesen Schmerzkalender zu führen. Kreuzen Sie die Spalte **M** an, wenn ein Migräneanfall besteht bzw. **S**, wenn Spannungskopfschmerzen auftreten. Tragen Sie die eingenommenen Akutmedikamente in die Spalte **Medikamente** ein. Die Wirkung des Medikamentes graduieren Sie mit den Ziffern: **0** keine, **1** schwache, **2** mittlere, **3** gute, **4** sehr gute Wirkung

Soll die Behandlung von Dauerschmerzen beurteilt werden, benutzen Sie ebenfalls die Graduierung, um die mittlere tägliche Schmerzintensität anzugeben. Die Ziffern haben dann folgende Bedeutung: **0** kein, **1** schwacher, **2** mittlerer, **3** starker, **4** sehr starker Schmerz

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