



HEADACHE COACH TRAINING

A Hands-on Program with Jan Mundo
For Body-centered and Health Practitioners

August 17-20 • November 2-5, 2006 • March 22-25, 2007
Earthgate Studios, Dingmans Ferry, PA

Disabling, chronic headaches and migraines affect fifty million people in the United States—it's likely that some of them are your clients, patients, co-workers, family and friends. People suffer for decades without discovering the real roots of the problem, which takes a huge toll on their personal and professional lives.

Master Headache Healer Jan Mundo is making available 35 years of her headache healing wisdom to a select group of professionals who have an appreciation of working with people through the body, and who are drawn to the complexities and subtleties of working with headaches and the people who get them.

This course promises to reveal a revolutionary mind-body perspective on headaches, touch, pain and healing from which both you and your clients will benefit tremendously. One must be it to heal it. To calm pain, one is calm.

If you have ever felt ineffective in face of a client's migraine, Headache Coach Training provides an opportunity to master a pragmatic, layered, inspiring set of protocols to relieve and prevent pain. In this mentorship-style training with Jan Mundo, you will develop the skills and competencies to become certified as a Headache Coach™.

Course promises

You will learn

- A practical, whole person approach to solving headache mysteries
- A comprehensive step by step program that can be adapted to fit the client
- Practices for cultivating a calm, centered presence within yourself and your clients
- The value of invoking compassion, humor and wisdom in the healing process
- How to coach clients to embrace, embody and envision self-care and pain-free, passionate living
- The Mundo Method of hands-on headache and migraine relief and prevention, how to use it and when to apply it

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Topics covered

- Types of headaches and their symptoms
- Headaches and the mind-body connection
- Managing client mood in headache treatment
- Reading headaches in the language of sensation
- Assessing and working with different headache types
- Subtle touch, focused concentration and palpation skills
- Reducing bodily stress and tension that hold chronic pain in place
- Coaching for results: Moving through resistance and clearing the path
- Engaging clients in their treatment: breath, awareness, posture and language
- Foundational practices for caregivers: embodying health and healing with self-care

Program Assignments & Support

To support your journey in becoming an effective Headache Coach, there are learning assignments between sessions, including reading, reflection, writing, and hands-on client work with follow-up reporting and supervision.

Who Should Attend?

This course is valuable for health and healing professionals, including bodywork, massage, energy, Reiki and movement practitioners; life, health and somatic coaches; body-centered therapists, social workers, physicians, physician assistants, nurse practitioners and nurses; and physical and occupational therapists.

Dates and Times

This training consists of three 4-day sessions, Thursday-Sunday in August, November 2006 and March 2007. Arrival is on Wednesday afternoon before each session begins.

August 17-20, 2006

November 2-5, 2006

March 22-25, 2007

This Level I training is required for certification as a Headache Coach.

Location

All sessions will be held at Earthgate Studios, in Dingmans Ferry, PA approximately 2 hours by car or bus from New Jersey's Newark Airport. Lodging and catered meal costs are separate from the training cost.

Cost

Cost: \$3600

Monthly installments available.

Cancellation Policy

Before July 3, full refund, minus \$100 processing fee. Credit after.

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To Register

For more information or to register, please contact Jan Mundo to arrange a phone interview.

Phone 212.452.0092

Email jmundo@mundolifework.com

Instructor

Jan Mundo is a Passion Coach, Healer and Headache Specialist with 35 years experience using her hands to stop headaches and migraines on the spot. In 1970, she developed the Mundo Method, a touch and concentration modality for headache and migraine relief. In 1993, she created the Mundo Program for mind-body, headache management and founded The Headache Healing Center in Berkeley, California.

Jan is a certified Master Somatic Coach (Strozzi Institute), Massage Therapist (Massage School of Santa Monica, CA), and Body-Centered and Conscious Relationship Therapist (Hendricks Institute.) She attended college at California State University, Northridge and University of California, Berkeley.

She teaches and lectures at leading medical centers, universities, and corporations, including: Kaiser Permanente, Hill Physicians Medical Group, UCSF Medical School, UC Berkeley, Stanford University, Hewlett Packard and Lockheed Martin; she was on-staff at UCSF Osher Center for Integrative Medicine during its start-up year. She is an invited presenter at conferences, including U.S. Association for Body Psychotherapy, Association for Humanistic Psychology, American Headache Society and The International Somatics Congress.

As an author, her work is published in *Massage & Bodywork Magazine*, the anthology *BEING HUMAN AT WORK*, *Cephalalgia International Headache Journal*, *Spiritual Midwifery*; and she was a Contributing Editor of *The Farm Vegetarian Cookbook*. She is currently writing a book about the headache healing journey.

Jan's work incorporates and is informed by longtime study and practices in vipassana meditation, chi gung, breathing, energy work, music, the intuitive and fine arts, Somatic Coaching™ and Somatic Bodywork™. She has recently relocated to New York City and opened her practice offering private sessions, workshops and professional trainings centered around helping clients transform their lives from pain to passion.

For more information, visit: <http://www.mundolifework.com>, email: info@mundolifework.com or phone 212-452-0092.



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