



HEADACHE COACH™ TRAINING

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

August 1-5 • September 5-9 • November 7-11, 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.

Headache Coach™ Training is a unique and comprehensive mind-body, whole-person system for sustained management of chronic headaches and migraines.

This three-session, 100-hour experiential training is offered to professionals who have, or would like to 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.

Open to massage therapists, body-mind practitioners, naturopaths, chiropractors, acupuncturists, and allied health professionals who are looking for hands-on, transformational ways to help and empower clients in their own care.

Curriculum includes the Mundo Method, a touch-concentration therapy for headaches; and year-one of Headache Coach™ Training based in awareness, breathing, posture, somatics, and headache healthy diet.

This course promises to reveal a revolutionary mind-body perspective on headaches, touch, pain, and healing which will benefit client and practitioner alike. Our guiding principle: To heal it, be it. To calm pain, be calm.

If you have ever felt ineffective in the face of a migraine, Headache coach™ Training is an opportunity to learn a pragmatic, multi-dimensional, inspiring system to help your clients get over their cycles of chronic pain, and lead active, productive, creative lives.



Course promises

You will learn

- A whole person, in-depth 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
- Ways to invoke 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 relief and prevention, how to use it and when to apply it

Topics covered

- Types of headaches and their symptoms
- Headaches and the mind-body connection
- Managing mood in headache management
- 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 with self-care

Program Assignments & Support

To support your learning process toward becoming an effective Headache Coach™, there are homework assignments between sessions, including mind-body practices, reading, writing, hands-on client sessions, follow-up reporting, and bridge line supervision calls.

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.

Certification

Completion of this Level 1 Program fulfills the first requirement toward certification as a Headache Coach™.

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Dates and Times

Headache Coach™ Training is held in three sessions during August, September and November 2007. Each session consists of three full and two half days of training.

Arrival time begins at noon on Wednesday. Training begins Wednesday mid-afternoon, and ends after the Sunday morning session.

August 1-5, 2007
September 5-9, 2007
November 7-11, 2007

Location

Earthgate Studios, in historic Dingmans Ferry, PA, is a small family-owned retreat center in the gentle surroundings of the Pocono Mountains, about 12 minutes outside the town of Milford, PA. Milford is approximately two hours by car from New Jersey Newark Airport or by Short Line Bus from New York City Port Authority.

Cost

Cost includes:

Course tuition, lodging, breakfast and lunch during the training. Facilities include: library area, CDs, videos, DVDs, books, wireless internet/use of computer, hot tub, heated swimming pool (May-Sep), peaceful country setting on 8-acre property grounds.

Lodging for 12 nights – 4 nights per session (Wed-Sat) for 3 sessions
Breakfast Thu-Sun • Lunch Thu-Sat • Dinner Wed evening

All-Inclusive Pricing • Two options, based on sleeping accommodations

Choose:

- \$4900 – Dormitory-style/camping (bedding &/or tents provided)
- or
- \$5400 – Private bedroom (bedding provided)

To Register

A non-refundable deposit of \$500 is required to insure your place in the course. We accept payments by check, or by credit card via PayPal. Balance is due no later than Monday, July 2.

Early reg. By June 29	Register June 30 & after	Accommodations
\$4900	\$5150	Dorm-style/camping
\$5400	\$5650	Private room

To register or for more information, contact Jan Mundo.

Phone 212.452.0092

Email jmundo@mundolifework.com

Cancellation Policy

Cancellation by June 29: full refund, less the \$500 non-refundable deposit. Up to two weeks before course begins (6/30-7/18), 50% of tuition and fees will be refunded if you cancel. Within thirteen days prior (7/19-8/1), no refund.

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Instructor

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

Jan is a Certified Master Somatic Coach, Massage Therapist, and Body-Centered and Conscious Relationship Therapist. She was an undergrad at Cal State University, Northridge and UC Berkeley.

She has brought her programs to: UCSF Osher Center for Integrative Medicine, Kaiser Permanente, Hill Physicians Medical Group, UCSF Medical School, UC Berkeley, Stanford University, Hewlett Packard and Lockheed Martin. She has been an invited presenter at conferences, including: US Association for Body Psychotherapy, Association for Humanistic Psychology, American Headache Society and The International Somatics Congress.

Mundo's writing is published in *MASSAGE Magazine*, *Massage & Bodywork Magazine*, the anthology *BEING HUMAN AT WORK*, *International Headache Journal*, *Cephalalgia*, and *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, qigong, breathing, energy work, music, the intuitive and fine arts, Somatic Coaching and Bodywork™. She has recently relocated to New York City and opened a practice for private sessions, workshops and professional trainings focused on helping clients transform from pain to passion.

For more information:

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