



HANDLING HEADACHES: The Art of Working with Chronic Pain with Jan Mundo, CMSC, CMT

Disabling, chronic headaches and migraines affect fifty million people in the United States, and it's likely that some of them are your clients, patients, co-workers, family or friends. People suffer for decades without discovering the real roots of the problem which takes a huge toll on their personal and professional lives. They become helpless, hopeless and frustrated, as their condition presents increasing challenges for even the most seasoned practitioner.

Typically, headache pain and symptoms are treated deductively with a variety of medications without addressing the Self that contains them. How do headaches become embodied? What are the somatic structures that hold them in place, and how can they be shifted to relieve pain? How can a practitioner heal others without taking on that pain?

In this workshop, you will journey into the intricate world of healing headaches with a mind-body approach. You will learn about headache types and ways to recognize, relieve and prevent them. You will build coaching skills and confidence to help clients begin their journey of replacing old, unproductive patterns with awareness and self-care practices.

Who should attend? Body-centered therapists and health professionals who appreciate or are interested in working with people through the body, and who are drawn to the complexities and subtleties of headaches and the people who get them.

Date June 8-10, 2007
Time 9:30-5:30 pm
Place NE Portland, Oregon location
Tuition \$450 (\$400 if received by May 11)

For more information, to register, or schedule a private session with Jan in Portland:

Contact Larisa Koehn
Phone 503.975.3300
Email larisa.koehn@gmail.com

This workshop is an introductory level course for Headache Coach™ Certification. To find out more about the Mundo Method, and read articles and essays, visit <http://www.mundolifework.com>

Instructor

Jan Mundo is a New York City-based body-centered therapist, healing artist, and headache specialist with thirty-seven years experience. In 1970 she developed the Mundo Method of hands-on headache and migraine relief, and in 1993 created the Mundo Program for mind-body headache management.

She is a Certified Master Somatic Coach from Strozzi Institute, Body-Centered and Conscious Relationship Therapist from the Hendricks Institute, and Massage Therapist from Massage School of Santa Monica, CA. Her work blends longtime practices in vipassana meditation, zazen, qi gong, intuition, energy work, Somatic Coaching and Bodywork, and Core Shamanism.

Her writing is published in *Massage Magazine* (April 2007), *Massage & Bodywork Magazine*, the anthology *Being Human at Work*, *Journal Cephalalgia*, and *Spiritual Midwifery*.

Recently relocated to Manhattan from Berkeley, CA, Jan offers private sessions, workshops and professional trainings, and presents programs at medical centers, universities, corporations and conferences. She's taught workshops and seminars at UCSF Osher Center for Integrative Medicine, UC Berkeley, Stanford University, Kaiser Permanente, Hill Physicians, Hewlett Packard, Lockheed Martin, and professional conferences, including *US Association for Body Psychotherapy*, *Association for Humanistic Psychology*, and *Wisdom of the Body*.



REGISTRATION FORM

**HANDLING HEADACHES: The Art of Working with Chronic Pain
with Jan Mundo, CMSC, CMT**

Please send this form and your \$100 nonrefundable deposit/class to
Larisa Koehn, 4832 NE 12th Avenue, Portland, OR 97211

NAME _____

TITLE _____

BUSINESS NAME _____

CERTIFICATION OR LICENSE _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE 1 _____ PHONE 2 _____

EMAIL _____

WEBSITE _____

Make check payable to: Larisa Koehn

_____ (\$100 deposit)

_____ (\$400 full early bird tuition, if received by May 11)

_____ (\$450 full tuition, received May 12 and after)

_____ Total enclosed (Balance is due by or on June 8, first day of workshop.)

Wear comfortable clothing. No scents, please. Bring a light snack and your water bottle.