# **Depth Therapy and The Body Resources**

#### Websites

- <u>unlearnyourpain.com/</u>
- endchronicpain.org
- endchronicpain.org/bibliography

## **Books and Films**

- They Can't Find Anything Wrong
- <u>Psychophysiologic Disorders:Trauma Informed, Interprofessional Diagnosis and Treatment</u>
- Hidden From View
- Unlearn Your Pain (4th ed.)
- Thismighthurtfilm.com

## **Trainings**

- Chronic Pain Training Opportunities
- Online Training:
  - o EndChronicPain.org/online-course
  - OVID Dx mobile app for training professionals in this work. See <u>oviddx.com</u>, it is \$249
  - o There is an online course from the PPDA at <a href="PPDAssociation.org">PPDAssociation.org</a>; it's \$150
- Live, virtual courses:
  - Freedom from chronic pain training course (FFCP); 8-week comprehensive course; see <u>freedomfromchronicpain.com</u>
  - Pain reprocessing therapy training course, on PRT; 4-week course, see painreprocessingtherapy.com
  - Beyond pain management training course; primarily for PTs; 6-week course; see mperformance.com
  - Emotional awareness and expression therapy training course; on EAET; see unlearnyourpain.com, under training
  - Fran Anderson teaches widely and Jeff Axlebank has a program in NJ

### Other

- Chronic Pain Resources Handout
- If you'd like Howard's EAET manual, email <a href="mailto:hschubiner@gmail.com">hschubiner@gmail.com</a>