



## Dr. Chalfin's Pain Resources

### Explanatory Video of the Pain Cycle

TedTalk by Lorimer Moseley, a Pain Neuroscience Researcher: [https://www.youtube.com/watch?v=gwd-wLdIHjs&ab\\_channel=TEDxTalks](https://www.youtube.com/watch?v=gwd-wLdIHjs&ab_channel=TEDxTalks)

### Resources

- Pain **Psychologist** Liz Gruber, Ph.D. - <https://www.drlizgruber.com/> - does one-on-one
- **Lin Health:** Chronic Pain Health Coaching (insurance based) <https://www.lin.health/>
- **This Way Up:** Online program by the Australian government for chronic pain: <https://thiswayup.org.au/programs/chronic-pain-program/> \*\*FREE with referral from me
- **App:** Curable Health: [www.curablehealth.com](http://www.curablehealth.com) \*\*6-week free trial with referral from me

### Books

- **Unlearn your Pain:**
  - **Book** (the last half being a self-help workbook): <https://a.co/d/8QMROd8>
  - Website: [www.unlearnyourpain.com](http://www.unlearnyourpain.com)
  - Youtube Animation Explanations: <https://www.youtube.com/playlist?list=PLsJVYZbo6uWrKc57MDUL1vGciEGnPYrV9>
- **The Mind Body Prescription** by Dr. John Sarno Book: <https://a.co/d/iJbHVxp>

### Podcasts/YouTube Series

- "Tell Me About Your Pain" Podcast: <https://www.curablehealth.com/podcast/>
- Healing Your Pain Youtube Series with Nicole Sachs, LCSW: <https://youtu.be/7eHKbhhBxvs?si=TdwpbkqzMthvFDk3>
- "Pain Free You" by Pain Coach Dan Buglio: <https://www.youtube.com/c/DanBuglio/>

### Other Associations/Communities

- Psychophysiologic Disorders Association: [ppdassociation.org](http://ppdassociation.org)
- Pain Free You community/coach Dan Buglio: <https://www.painfreeyou.com/>

### Films

- "This Might Hurt" Film: [www.thismighthurtfilm.com](http://www.thismighthurtfilm.com)
- "All the Rage" Film: <https://vimeo.com/ondemand/alltherage>