



Rewire Your Brain to Alleviate Pain

David Hanscom, Fred Luskin & Babs Yohai
August 10 – 15, 2014

Course 1702-932/Tuition \$595 (\$25 Materials Fee)

This workshop is for anyone who is experiencing prolonged discomfort from physical or emotional pain, or both. It is co-led by an orthopedic spine surgeon recognized for his groundbreaking work with chronic pain, a clinical psychologist whose work on the power of forgiveness has had a worldwide impact, and a professional dancer with expertise in rhythm and movement.

Together, David Hanscom, Frederic Luskin, and Babs Yohai present approaches that reconnect our minds with our bodies, and help us move past our pain. We explore how and why chronic pain emerges, how it is sustained by the development of neurological pathways, and how to bypass existing pain pathways by creating new ones.

Through writing, guided imagery, videos of patient success stories, sensorimotor exercises, sharing, energy work, play, and rhythm, we seek to free ourselves from pain. Additionally, those suffering from any chronic illness can benefit from improved coping skills learned in this workshop. Health-care professionals find strategies they can use with clients.

David Hanscom, MD, is a Seattle-based orthopedic spine surgeon specializing in complex spinal deformity. Hanscom, who has healed his own chronic pain, is author of *Back in Control*. back-in-control.com

Frederic Luskin, PhD, is director of the Stanford University Forgiveness Project, director of wellness education at Stanford University, and professor of clinical psychology at Sofia University. He is author of *Stress Free for Good*, *Forgive for Good*, and *Forgive for Love*. learningtoforgive.com

Babs Yohai is cofounder, with Gregory Hines, of the nonprofit dance studio, The Beat: Eddie Brown Center for the Arts, which focuses on rhythm tap. Her work in the performing arts ranges from Balinese masks to tap dancing at the Umbria Jazz Festival in Italy to "Evolution," a one woman performance piece at Mexico City's Museum of Modern Art. the-beat.org