



2026 INTERVIEW SUMMARY SHEET

SPEAKER

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TITLE & ORGANIZATION

Author & Podcast Host | Clinical Psychotherapist
The Cure for Chronic Pain | Your BreakAwake
Los Angeles

TOPIC

Mind Your Body: The Role of Emotions in Chronic Pain

KEY TAKEAWAYS

- Pain is often caused by a dysregulated nervous system.
- The conflict between authenticity (being who you are) and attachment (the need to be loved/accepted) is a primary driver of internal stress.
- Self-compassion is a nonnegotiable component; doing the work with a harsh inner critic is like "bailing out a boat with a hole in the bottom."
- The nervous system can be reconditioned by recognizing the cause of the pain/anxiety and labeling it correctly.
- Using a mind-body medicine approach to reduce the symptoms of migraine.

KEY TREATMENTS

- Cognitive behavioural therapy (CBT)
- Therapy

NOTABLE QUOTES

"Essentially, mind-body medicine begins with saying the pain is not in your head. You are not hysterical, you're not making it up."

"Life is a choice between what hurts and what hurts worse."

PRACTICAL STEPS

- Identify your personal triggers and learn how to manage them.
- Identify personality traits, such as people-pleasing or perfectionism, that may be contributing to nervous system dysregulation.
- Uncovering repressed emotional trauma can be the first step toward pain relief.
- Write your thoughts down — using a daily journal is an easy way to identify and understand your personal pain pathway.
- Educate yourself on the neuroscience of mind-body medicine to build the "Believe" pillar.