

Dr. David Hanscom
BACK IN CONTROL

Mind-body Therapies for Unlearning Your Pain

An interview with Dr. Howard Schubiner
on Back in Control Radio with Dr. David Hanscom

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Tom Masters: Hello, everybody, and welcome to another episode of Back in Control Radio with Dr. David Hanscom. I'm your host, Tom Masters, and our guest today is Dr. Howard Schubiner. He's an internist and a clinical professor at the Michigan State University College of Human Medicine. He's authored more than 150 books and publications in scientific journals. He lectures regionally, nationally, and internationally and is the author of Unlearn Your Pain: The Science of Recovering from Chronic Pain, Fatigue, Anxiety, and Depression. Welcome.

David Hanscom: Thank you, Tom. I'd like to welcome Howard Schubiner back to the podcast, and we had a nice first session on his approach and general feelings about dealing with chronic pain, mental or physical. And he has a process called EA- EAT and also PRT. He'll explain those on the podcast. But they're... PRT is something... Well, both of these, I think you were the originator of them, weren't you, Howard?

Howard Schubiner: I wouldn't claim to originate PRT. It's a long history. There is no... There's no new psychological treatment under the sun.

David Hanscom: Okay.

Howard Schubiner: You know, you can't everybody who's, everybody who has a psychological treatment, if you look in history, you will find evidence of it going back usually quite some time. Right. So I, I'm very careful about trying to take credit for something that's brand new. I have helped in developing PRT. There's parts of it that I've contributed to for sure. Alan Gordon takes a lot of credit for it. But it really, most of the PRT kind of started back with Dr. Sarno, who I learned from back in the early 2000s. Right EAT the credit for originating that goes to, uh, Mark Lumley, my incredible colleague at Wayne State University- professor of psychology, and myself. But a lot of that was taken from many other types of therapies as well. So, um- Right ... yeah, I don't... I think being humble is, is pretty important when you think about taking credit for things.

David Hanscom: Absolutely. So I guess segue here. So let me reintroduce Howard.

He is an internist and a clinical professor at the Michigan State University College of Human Medicine. He has authored more than 150 publications in scientific journals and books. He lectures regionally, nationally, and internationally, and is the author of Unlearn Your Pain: The Science of Recovering from Chronic Pain, Fatigue, Anxiety, and Depression, and is published by the Open Field Viking Press.

Um, so what we want to focus on this podcast is I think, didn't EAT, E-A-E-T start before the PRT? That's something you've been doing for a while?

Howard Schubiner: I started doing the more the PRT work first. That's what I learned from Dr. Sarno back around 2003. Okay. And then we developed EAT after that.

David Hanscom: Okay.

Howard Schubiner: Around 2012-ish.

David Hanscom: Okay.

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Howard Schubiner: Uh, we've been doing research on both of those, and both of those have begun to merge a little bit i-in the, especially in the research. Okay. Clinically we use both, complementary wise. PRT, pain reprocessing therapy, is based on the idea that there is awareness that the symptoms are brain generated, that the symptoms are neuroplastic.

And once you recognize that, after going through the whole diagnostic process that we talked about last time, uh, then one... the idea is to shift one's relationship to the symptoms. If it's pain, to shift your relationship to the pain from the idea that your body is damaged and broken, that it'll never recover, to the brain is generating sensations that are not inherently harmful to you, even though it, even though pain occurs when you sit or walk or bend, you're not damaging s- yourself by sitting or walking or bending.

And when you recognize that, you start to do more sitting, walking or bending with less fear, with less focus on it, with less worry about it, with less frustration. Viewing the brain as, as creating a danger signal that is, basically harmless in terms of physical danger. And therefore, you want to imagine and then, and then do these activities with as much empowerment and joy and determination and freedom and ease and grace as you possibly can so that the brain turns off the pain-fear, pain cycle.

Um, so it includes graded exposure. It includes mindfulness type work where you're calming and soothing the brain while you're experiencing the symptoms so that the symptoms are not provoking a fear or fight or flight response, thus perpetuating the process. And I think in a nutshell that would be pain reprocessing.

You want-- people want to do more, even though they're having symptoms, to teach their brain that it's okay to bend and move and walk and do these things. Even though they experience some discomfort, they're lowering their reactivity to the discomfort and continuing to do the activity, trying to engage more in positive things that are joyful and and recognizing that their brain was just trying to protect them from danger, but there is actually not physical danger currently in terms of their body.

David Hanscom: No, it's wonderful.

Howard Schubiner: I'm- So that's in a nutshell. That's all, you know, in, as one sentence. It's a long run-on sentence.

David Hanscom: But it's kind of one sentence ... does that mean we're done with our podcast?

Howard Schubiner: I wanted to try to be as efficient as possible in describing, pain reprocessing theory. We can break down any of those parts if you want.

David Hanscom: No, I know. So let me try something that, that's I've reconnected to. I did this many, many years ago. And years ago, I trained several hundred physicians on mindfulness-based surgery. In other wo- in other words, it's a performance model.

And the key is you use minimal wrong moves as a learning tool, just like in life you learn adversity as something to learn to practice. So what's evolved is that when you avoid pain, you become sensitized to it, 'cause you're always looking for it. Your body's on high alert. You feel it more quickly.

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You feel it more intensely. So by- Suppressing and avoiding pain, mental or physical, you make it much worse. And so I call it walking into your pain, where you simply, "This is my adversity." The problem is you have to deal with adversity to stay alive, but what happens when people have adversity, they get angry, which fires up the nervous system even more.

Mm-hmm. So what I hear you say, we're using different words for the same approach, about using tools as you deal with adversity to process it efficiently. It's inevitable. So if you wanna get angry about something that's inevitable, you're gonna be constantly agitated. And so it's remarkable how as you calm down the nervous system and reroute it, how the pain just really resolves.

Um, does that resonate with what- Yeah ... we're saying?,

Howard Schubiner: Yeah absolutely. When you, when you focus less on it, fear it less, you're less frustrated or angry about it.

You're less worrying about it. You're less, um, fighting it. You're less trying to figure it out. You're less depressed about it. You're hopeful and optimistic about it. All those things, and I call those the seven Fs. They all start with F. Fear, fear of it, focus on it, frustration with it. Um, there's one more I'm missing. Trying to fighting it, trying to figure it out, becoming forlorn about it. Um, there's one more. Anyway, uh, those tend to really perpetuate this pain, fear, pain cycle.

David Hanscom: The problem is when you're trying to fix the problem, your attention's on the problem. It's that fear of the problem that actually makes things way worse. And so - as you learn to e- and mind over matter doesn't work. I mean, conquering your pain is not what we're talking about, and that's why it's called pain reprocessing therapy, right?

Howard Schubiner: Right.

David Hanscom: So you learn to take your stress inevitable. You process it. You, I call it becoming a professional at living life. Mm-hmm. And let me use a golf metaphor here and see what you think with this. So my friend David Leami is a person who taught me, we call it awaken the wound. My opponent beats surgery, and he's a division one golfer, performance coach, excellent golfer even still.

And when, Did you meet David Leami by chance in Seattle? I did. I think you did. I did, yeah. So when you ask golfers the, um, why they like golf, the, they always say the challenge. Yet when they end up in a sand trap or a bad lie or a bad shot, they get angry. So do you wanna comment on that?

Howard Schubiner: Well, i- it's the idea of one of the things that I think about has to do with being grateful. And it's easy to be grateful for things that are good in your life. It's hard to be grateful for things that are adverse.

David Hanscom: Right.

Howard Schubiner: It's hard to be grateful for things that are difficult, but difficulty is where we learn from and where we grow from. And you can't be happy if you're never sad.

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David Hanscom: Correct.

Howard Schubiner: There has to be- Right. Absolutely ... there has to be sadness and adversity in life. And so this is what you're, I presume, the idea of what you said being a professional at life.

David Hanscom: So I o- one of the metaphors I use is that if you're in a boat in the ocean, of course, there's waves.

You're up and down. And again, I use the word embrace adversity, 'cause you're right, that's where you learn. So the goal is to learn how to ride the waves, whereas a lot of people spend time trying to smooth the waters, which takes a lot- Yeah ... of energy, right? Yeah. You're not gonna smooth the waves.

Yeah, you can't. You can't. Yeah. Can't do it. So going back to the... So I use another metaphor of we like challenges. Makes life interesting. And so think about an NFL football team playing a high school football team. How much fun would that be?

Howard Schubiner: Yeah. Right.

David Hanscom: And what the professional players like, they really like the top two people in the league vying for the championship.

A game of seven is their ultimate enjoyment 'cause they get to challenge challenge. And the, you, the... And professionals, of course, learn to win or lose. You can't just hang your head forever 'cause you lose, because losing is part of learning how to become good. So that's the key issue, is that I have found more success now with people trying to teach people to embrace their adversity, which again, I'm learning from you today is what pain reprocessing therapy actually is.

Is that a fair statement?

Howard Schubiner: Yes. Yeah. Absolutely. It's, uh, it's going in pain... You know, I s- yesterday I was in the airport and a guy had a T-shirt that said, "Pain is the path." Pain is the path. It's the path. And when people realize, and then on a deeper level, so going, being able to go into it with less fear and focus on it and less reactivity- is a way of turning off the pain.

David Hanscom: Right.

Howard Schubiner: In addition to that, when they learn that the pain is there for a reason. For example, uh, there's a woman I met a bit ago who had pelvic pain and endometriosis, and her surgeon said, "We can operate on your endometriosis." Well, she's a physician, and she looked up the data, and it turns out endometriosis occurs in many women who do not have pain.

David Hanscom: Exactly.

Howard Schubiner: So how did she know, how would she know if her endometriosis was actually causing her pain or not? So she saw a therapist, and the therapist identified in her something called extreme people-

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pleasing. Right. This woman had not, was very, almost never spoke her mind, gave her opinions, spoke up for her needs, even with her own husband, and she always did whatever people wanted to the adver- you know, to her own detriment.

And so one day she was at lunch with a friend, and after lunch her pain spiked to a very high level, and she recognized that her friend had asked her to do something that she didn't actually want to do in her heart of hearts. But she said yes because she always says yes, and her pain had spiked. And then she took the step, a fearful step, of calling her friend and saying, "I'm sorry, but I can't do that." And she felt a little surge of pride, and her pain went away on the spot.

And she recognized that the pain was there for a reason. There was a message. There was a learning in it. And not only was it something to be gotten rid of, but it was something to learn from, which then she began to change her life and being more outspoken, more assertive, speaking her needs. Not that she didn't care about other people, but that she could care for herself without feeling guilty about it. And that Was a revelation to her. And so s- so the, sometimes the symptoms are clearly related to something that we need to learn from

David Hanscom: I become friends with Bernie Siegel, who has this exceptional cancer survivors group.

And Lydia Temeshao- I'm sorry, Brenda Stockdale is somebody who's, was a manager of his exceptional cancer survivors group. And just about a year ago, I learned exactly what you said, is that when people say yes when they really mean no, it does wreak havoc on your body. And so one of the prognostic factors for cancer, n- not the only one, but a big prognostic factor for cancer doing poorly is saying yes when you mean no.

So Lydia Temeshao has done, oh, God, dozens of papers on this type C coping style, is when you're people-pleasing. And I always assume that's probably one of the reasons I got sick, is that I thought I was, I thought I was being a nice guy.

Howard Schubiner: Mm-hmm.

David Hanscom: It's just a way of staying under the radar and being small, is what happens, and then you build up a s- long, slow-term lingering resentment that just wreaks havoc on your nervous system.

Howard Schubiner: Well, you may not think that your needs are- Are worth being met. Right. If you grow up, if you grow up not being seen, heard, cared for, being neglected or abandoned, you learn to make yourself valuable to others to get praise. You learn not to rock the boat, or you learn to take m- more care of your parents' needs than your own needs.

You learn that you don't deserve to be cared for or loved- Right ... or gotten or have your needs met. So all those things you know, are... when they carry on into adulthood, they may be adaptive to some degree in childhood, but they're certainly not adaptive in adulthood. No. And when they, when people realize those, it's an opportunity to grow and change and see yourself with kind eyes and get your needs met, and that can be the key to reversing chronic pain, fatigue, anxiety, depression, et cetera.

David Hanscom: I mean, one of the, the, the factors that predicted radical remission or deep healing was learning to say no, taking control of your life and making distinct changes. They quit looking for answers. You know, once you have the workup done, you come off the internet, you just start living your life on your terms.

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And as Bernie Siegel pointed out, people are so busy living that they simply forgot to die, and these were people with stage four terminal cancers that went on to complete remission and went on to heal. And I also realized as I talked to Bernie that what we're seeing in the chronic pain world with these other symptoms, it's the same thing. It's the same process where your body goes into complete remission from all these symptoms. Again, my example to me is pretty dramatic, but again, I see this all the time, and I think that's what keeps us pushing so hard to get this message out there.

Howard Schubiner: I don't push myself, David.

David Hanscom: Oh, God. You're propelled by some unseen force, let's put it that way. You're, you're pushed by some force.

Howard Schubiner: No, no. I mean, I, I work hard. I love what I do, but-

David Hanscom: Yeah.

Howard Schubiner: But I was just- Yeah ... I was just making a joke. I'm-- What I meant to say was I try not to put pressure on myself.

David Hanscom: By the way, this is a standing joke. Whenever Howard and I are on the platform together, Howard's actually funny, and I am not. So when I try to be funny standing next to Howard, really, it falls flatter than usual. So thank you for that, Howard.

Howard Schubiner: Yeah. Yeah, you're welcome.

David Hanscom: You talk about humbling experiences. Well, you're one of those opportunities for me.

But, um, anyway. Um, I have to tell you this, though. Um, the world's beginning to know this 'cause it's not a secret, but somehow about four years ago, my, my son lives in Park City with his wife and two daughters that are now eight and nine. And when she was four she started calling me Giggles. Hmm. Sort of to torment me. Because I'm really not funny, and it stuck. The entire Park City calls me Giggles.

Howard Schubiner: Oh, that's sweet.

David Hanscom: It's just who I am. It's who I am. Yeah. It could be worse.

Howard Schubiner: And that makes you funny.

David Hanscom: Right. I know we're, we're out of time here, but I'd like just to really jump into the E-A-E-T for a second just to differentiate that a bit from the- Right ... PRT. So-

Howard Schubiner: Yeah ...

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David Hanscom: I think we've got the message pretty clear from both of us that- Right ... you find a way to take your adversity, process it, and just keep moving on.

And so the EAET is- Yeah ... a little different.

Howard Schubiner: EAET is, a therapy designed to help people identify and resolve deep-seated emotions that often go back to childhood or go back to other adverse events in their life. So many times people live their life with deep-seated anger. They're, they get angry all the time at the world, but there's a deep-seated anger that they carry from anger for how they were treated as a child.

There's deep-seated guilt sometimes never feeling worthy, et cetera, and there's often deep-seated sadness for their needs not being met. And so this model is a very simple and pretty straightforward model that we've taught.

And by the way, we have randomized controlled trials of PRT versus CBT showing it's superior to CBT for chronic pain. We have several trials showing that EAT is superior to CBT for chronic pain. We have a new study that's gonna be coming out next year where we compared EAT to, to CBT and to ACT, acceptance and commitment therapy, as well as to treatment as usual that will...

Looks like it's gonna have positive results. I can't tell you about it yet, but that will be coming out next year. So there's a lot of research that we've been doing, and my colleagues, uh, particularly Mark Lumley, Yoni Ashar, are the main ones responsible for this research. But EAT, for example, if- well, I'll just give an example from my own life.

So, uh, three years ago, my hospital-- I always wanted to expand. I was working full time at my hospital, almost four years ago now. And I wanted to expand the, the mind-body program and hire a young associate, and so we had a meeting with the administrator, and at the meeting he said, "We can't expand your program.

We're going through a financial crisis. In fact, we have to let you go."

Oh. "Sorry. Don't take it personally, Howard." Right. "You do a great job. We really appreciate what you do. Don't take it personally, but a severe financial crisis, and you know what? Your program doesn't make a lot of money." Uh, which I knew because I'm not injecting or surgerizing- Right ... or doing anything that made a lot of money.

And so I... That was a half-hour meeting. My career at that hospital, 20 years at that hospital over in one month. One month I had to clear out. I had new patients, you know, scheduled for six months out. Anyway, so I started to get back pain And my back started hurting. And I said, well, I fig-- I f- I was smart enough, I think, to figure out that my back wasn't damaged or broken.

So I did PRT, pain reprocessing therapy. I approached the pain without fear. I accepted it. I embraced it. I told it I was, I told it I was fine. I kept moving and bending and twisting and dancing and doing everything I could to teach my brain that I was safe and that the pain wasn't dangerous, and it didn't help

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And three weeks later, I'm still in pain. And so I was in my car one day, and I happened to be telling everybody, "You know, the hospital let me go." In fact, I told people the hospital fired me, just for dramatic effect. I mean, they didn't fire me. They just didn't renew my contract. Anyway, and I said, you know, and everyone said, "Yeah, everyone loses jobs.

It's no big deal." You know, "I got f- I got let go. I got let go," blah, blah. "Everyone gets let go now." Right. "It's no big deal. In fact, it's funny. The hospital fired me. It's funny." And so what was I neglecting to see? My emotions about it. So it turned out I had some emotions about it. One, I had anger about it. I was resentful- they had done that to me.

Number two, I had sadness about it for being kicked aside. I didn't have guilt. So I was in my car three weeks later, and I recognize I'm angry. So what do you do with that anger? Do you wanna manage it or modulate it or tell myself I'm not angry? No. I was angry. So EAET, the process of EAET is emotional awareness and expression therapy.

I became aware of the anger, and now I thought that expressing it would be healthy for me. So if you hold anger in, it's toxic to you. And if you can't let it go, you're holding it in. It's toxic.

If you let it out in violence in the real world, it's toxic to the world, and- Right ... it's not gonna make things better.

Certainly not gonna make relationships better if you're mad at your spouse and you start, screaming at, at them.

It's not healthy. So emotional awareness and expression therapy is to let the anger out in a safe and healthy way. So I'm in my car and I start screaming. I literally start screaming, and I'm using this four-letter word that starts with F a lot.

A lot. And I'm saying, "F the hospital, F the system, F the back pain doctors, F the insurance companies." I'm just screaming, yelling all this anger out. And then in EAET, we like to take the anger up to a highest level possible because we want to let it go. But the best way to let go of anger, it turns out, is take it to the highest level possible.

David Hanscom: Right.

Howard Schubiner: So I imagined, and I just, what does the anger wanna do, you know? What does that anger wanna do? What's the whim or the impulse? Right. Most people want revenge, they... Basically. Right. So in this case, I imagine that the anger blowing up the hospital with TNT like in a cartoon. Boom. And once I did that, I could relax.

I let the anger all up, all out, and I just started to let it go, and just let it settle. I'd expressed it in a safe and healthy way, and then I let it go. That felt good. It's a relieving, it's an unburdening. And then I went to the hurt and the sadness, which I hadn't recognized e- either. So hurt and sadness.

I could have cried, but I was driving the car, that didn't work. But anyway, I stopped and I was running an errand. I was sat in my car, and I just allowed the sadness to come. Allow the emotions to come. Don't fight them. Don't

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block them, right? So I allowed the sadness to come, and the sadness led me to think about other hurts in my life.

When my father hit me with the belt when I was young. It only happened once, but I remembered it, okay? When, a girlfriend, you know, betrayed me, when a friend yelled at me, you know, all these other hurts. When I lost my starting position on the high school basketball team, that was a big hurt for me.

And all these hurts came in and the hurts... if you're hurting for someone, what do they need? They need compassion and caring. So hurt, sadness needs to morph to compassion if you care for somebody. If I'm sad for myself, it's because I care. So now that activates caring. And at that moment, a friend, doctor friend of mine called me and he was like, "Hey, Howard, I heard about your thing, and I'm...you deserve better. You're great, you know. We love you." It just gave me a lot of caring and compassion. And when you soothe the c- the hurt with compassion, again, that's an unburdening. It's com- it's caring. And compassion is what heals. And s- and compassion then for myself led me to forgive the hospital And so I was like, "Oh, you know, they're just doing their job.

They don't me ... You know, I don't actually need to take it personally because it's just financial crisis. They gotta do what they gotta do." They put up with me for 20 years. One of my friends said, he said, "I don't know why they put up with you for 20... You never made any money for them."

David Hanscom: Right.

Howard Schubiner: You know? So w- and I forgave the hospital, and I came-- I walked in the door of my house, and the back pain was gone. That's EAT in a nutshell.

David Hanscom: There you go. This may be another discussion we have going forward, but my observation of myself that when I crossed the anger threshold myself, within six months all my symptoms disappeared.

Uh, when I talk to patients, you cannot move forward if you hol- or hold on, holding onto the past with anger. Anger is always a tipping point. It's not the final solution, but you gotta let it go, and the more that you're given the anger, the harder it is to let go.

So yeah, let- What we

Howard Schubiner: found is it's easier to let go of if you can express it.

David Hanscom: You have to feel to heal.

Howard Schubiner: Exactly. So,

So I did- And, and this treatment also, just to say, this treatment also is a- is applied to childhood hurts.

David Hanscom: Gotcha.

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Howard Schubiner: So we help people go back in time to their childhood to heal the hurts using memory reconsolidation, to change the memories of the traumatic experience so that they're giving love and caring and compassion to that child who was them.

They're standing up for them. They're asserting themselves for them so that the anger about the child's treatment can come up and out, and the compassion can be released, and that child can be taken in their imagination to a safe and happy place so that the childhood traumas are healing. Because we can't change what happened in the past, but- Right

how we know what happened in the past is our memory, and memory is always and constantly changing. So it's a way of memory reconsolidation. So I just wanted to point that out as well.

David Hanscom: Yeah. No, no, I think it's fantastic. So let me just summarize our conversation, because it feels to me like we're exactly on the same page, is that I use the word awareness instead of compassion and love, but they're the same word.

That's a De Mello-ism. So whether it's, you know, awareness, love, or compassion, to me the, the two things you need to heal are awareness and connection. And connection, of course, you just described feeling the anger as opposed to suppressing it or whitewashing it, et cetera. So to me is connection and awareness are pretty interchangeable concepts.

I mean, it's hard to connect without being aware and vice versa. But, um, that to me, just in the last couple weeks, I'm going, "Wait a second. The entire process..." We talked about earlier how this isn't that hard, and I'm open to further suggestions, but to me it still boils down to those two words of awareness and connection.

Or you have a loving connection

Howard Schubiner: Yeah. And, uh And, you know, I mean, there's a, there's, you know, there's a variety of things we talk about. Well, I think about it as kind of a five, five-step process where you're, you're, y- you're addressing the symptoms, making sure the symptoms aren't actually structural, biomedical- Right

and needing treatment. Secondly, you're explaining how the brain works, neuroplasticity, predictive processing, how the brain literally creates sensations in relation to stressful life events, and understanding what the context is for their people's lives. You're using pain reprocessing therapy to be less fearful of the symptoms and expand your life and live your life more fully with as much joy and ease and grace as you can.

And then you're using emotional awareness and expression therapy to deal with underlying childhood hurts, long-held anger, grief, sadness, and guilt. Uh, and so you're processing those, and then you're moving through all of those to compassion, and that compassion leads you to live your... go back to living your full life, as you were talking about before, and sometimes making changes in your life.

Some people need a different job or a different place to live or set boundaries with people in their lives or do things that... Or they need to, find their passion and change jobs, uh, or change spouses or whatever. I mean, sometimes you need to take structural control of what your best life is, for you.

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And so when you put all that together, that's kind of my how I think of it.

David Hanscom: Yeah, no, I think we've been on the same page for a long time, so I have a slightly different wording for pretty much identically the same process. I mean, I think it's... I'm excited the way you do this. And I, yeah, no, and I'm, I am not somebody who I'm a surgeon, for God's sake. I'm not the emotional guy. So my stuff's a bit more of a framework rather than a s- self-help process, and so things like your things fit into that framework beautifully, so it's fantastic. So, um, remind us how we can... can you discuss your new book, Unlearn Your Pain, for a second?

Howard Schubiner: Sure. Uh, it's a, it's a new book. It has, uh... It's a s- it's a book of science that hopefully is readable. People seem to like it so far. Came out in May 2026. It has over 800 medical references, so I discuss a ton of stuff about the brain and neuroplasticity and predictive processing. There's sections on back pain and fibromyalgia and mi- migraine headaches and irritable bowel syndrome and, uh, anxiety and depression and chronic fatigue and long COVID and a whole variety of medical conditions that I try to explain and give data for on how to And then how to assess people, as we talked about in the other podcast, and the treatments, pain reprocessing therapy, EAT, et cetera.

So it's got over 800 medical references, and it's, kind of a legacy work for me.

David Hanscom: No, it's fantastic. And then I know we can... I know you're still doing part-time consultations. How, um, how do people access your services?

Howard Schubiner: Uh, yeah. My website is unlearnyourpain.com. I work f- with John Strax, my great friend and colleague at his, his practice called carmendihealth.com.

I'm on the board of the ATNS, the Association for the Treatment of Neuroplastic Symptoms, our nonprofit, where we're trying to uh, help to promote research, education, and clinical practice in this mind-body arena that we love so much.

David Hanscom: Oh, fantastic. Well, Howard, again, it's a pleasure, which I knew it would be, and, uh, I look forward to staying in touch.

So thank you very much for your time.

Howard Schubiner: Thank you so much.

Tom Masters: I'd like to thank our guest, Howard Schubiner, for being on the show today and explaining how pain reprocessing therapy and emotional awareness and expression therapy work to heal chronic pain. I'm your host, Tom Masters, reminding you to be back next week for another episode of Back in Control Radio with Dr. David Hanscom. And in the meantime, be sure to visit the website at www.backincontrol.com.

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