

Alliance for Pelvic Pain:
Connecting the Dots of Your Experience
Preliminary Program Schedule for
May 20-22, 2016

Weekend Retreat
For Chronic Pelvic Pain

Patients and Caregivers Welcomed

Educational Seminars
Interactive Workshops
One-on-one Attention



Honor's Haven Resort & Spa
Ellenville, NY

Alliance for Pelvic Pain: Connecting the Dots

Honor's Haven Resort & Spa
May 20-22, 2016

Weekend Overview

This retreat is created for chronic pelvic pain patients with complex symptoms involving one or more of the following: Back Pain, Interstitial Cystitis (IC), Irritable Bowel Syndrome (IBS), Pelvic Floor Dysfunction, Vulvodynia, Vestibulitis, Non-Bacterial Prostatitis, Lichen Sclerosus, Pudendal Neuralgia, Endometriosis, and other pelvic and genital pain disorders.

Our Mission

Our mission is to expand knowledge and care to the underserved population of people with chronic pelvic pain. We seek to create an atmosphere where patients can feel safe to be their **authentic** selves. We listen. We believe. We care. This will be a weekend filled with **compassion** for the self, and **forgiveness** for others who do not understand the plight of chronic pelvic pain.

Goals

An over-arching goal of this retreat is to create a safe learning environment where participants feel comfortable in expressing their thoughts and feelings. Furthermore, the goals of this curriculum are for patients suffering from chronic pelvic pain (CPP) to develop proficiency in the following areas:

Participants will develop and practice self-healing techniques.

Participants will create a consolidation of self-care skills acquired during the therapies.

Participants will illustrate to themselves and others that progress can be made in managing their pain.

Participants will review the cognitive, emotional, social, spiritual, and physical consequences of their chronic pelvic pain and how these influences are affected by the pain.

Participants will develop understanding of how CPP affects their sexual health.

Participants will develop an understanding of how CPP affects their relationships with friends, family, and themselves and will learn how to better navigate these relationships.

Participants will develop an understanding of multiple treatment approaches that they can explore within their own community.

Participants will learn methods to revive their sexual health.

Participants will have an opportunity to connect with others who share their experiences and feelings related to CPP.

Supportive partners and significant others are invited and encouraged to join us on this weekend of learning and transformation! There will be a special workshop just for you! Each individual attending the retreat lectures and workshops must be a registered participant.

Register Today!
www.allianceforpelvicpain.com

Alliance for Pelvic Pain Retreat Package

Honor's Haven Resort & Spa

May 20-22, 2016



All-Inclusive Retreat Package Includes:

- Deluxe Accommodations for Two (2) Nights (Friday and Saturday)
- Six (6) Healthy Buffet Meals: Friday dinner-Sunday lunch
- All Alliance Lectures, Workshops & Events
- Handouts and Take-Home Materials
- Use of Resort and Spa Facilities (indoor/outdoor pool, wet/dry sauna & Jacuzzi), & Fitness Center
- Use of Indoor & Outdoor Sports Facilities (9-hole Golf Course, tennis, basketball)
- Nature Walk and Guided Meditation by the Waterfall



Retreat Package Options:

All-inclusive Retreat Package:

\$850 Early-Bird Registration (prior to May 6, 2016)

\$1100 within 3 weeks of Retreat (after April 28, 2016)

Meals and Accommodations Only: This option is for friends or family members accompanying you who do not want to attend the Alliance lectures or workshops.

Additional Meals Only

\$200

\$300

Meals & Hotel Room Only

\$550

\$650

Early-Bird Registration

within 3 weeks of Retreat

FAQs

Do I have to stay and eat at Honor's Haven Resort & Spa?

Yes. The registration fee is an all-inclusive price that includes all meals and accommodations, lectures and workshops. We are encouraging an atmosphere of camaraderie to share the entire weekend together in a safe space, which will provide quality time to meet others who share your experience of coping with chronic pelvic pain. You may request specific dietary needs when you register, such as vegetarian, dairy-free, or gluten-free options. If you need a refrigerator in your hotel room, please note this on your registration form.

If I want my partner or friend to come with me, do they have to pay the registration fee?

Anyone who wishes to participate in all of the retreat lectures, workshops, and activities must pay the full registration fee. If they wish to join you at the resort and will NOT be attending the lectures, workshops, and activities, they can pay a lesser fee that will pay for their meals. If they need a separate hotel room, this

Are there any scholarships available?

Unfortunately, there are no scholarships available at this time.

I attended Alliance for Pelvic Pain retreats in the past. Will this one be different?

Research is expanding every day on the understanding, treatment, and management of chronic pelvic pain disorders. While some of the information may be the same, the newest research will be reviewed and some of the most recent evidence-based treatments will be taught and practiced. As with the other weekends, it is another great opportunity to meet women and men around the country (and world) who share your experience. It is the perfect excuse to share a weekend of learning, rejuvenating, and reigniting your hope for healing. Honor's Haven Resort and Spa offers the perfect environment for this experience. We hope you join us again!

How do I schedule a one-on-one treatment session with the pelvic pain specialists?

Download the Preliminary Program Schedule. This program introduces all of the pelvic pain specialists who will be available for one-on-one treatment sessions during the weekend. You must contact them directly to schedule your session. Their information is in the Program Schedule.

Do the one-on-one treatment sessions cost extra?

Yes. You will pay the specialists directly for their services. Please contact them directly to discuss fees and scheduling.

What is the closest airport?

Steward International Airport is the closest airport to Honor's Haven Resort & Spa. Shuttles will transport participants to/from this airport Friday and Sunday afternoon. Please note on the registration if you will need this shuttle and what time your flight will be arriving.

Will there ever be a retreat on the West Coast?

We are hoping to hold a retreat on the West Coast in the near future. We are currently seeking chronic pelvic pain professionals who would be interested in planning and hosting this event. As of now, the Alliance retreats will be held on the East Coast only.

MEET THE ALLIANCE & KEYNOTE SPEAKERS



Robert J. Echenberg, MD, FACOG

www.instituteforwomeninpain.org

Dr. Echenberg did his undergraduate work at Brown University, medical training at Jefferson Medical College, and his residency in Obstetrics and Gynecology at the University of Michigan Medical Center. He has been a Board Certified Ob/Gyn since 1973. His interests over the years have been varied. He has had experience in human sexuality education, medical ethics, end of life issues, established a perinatal ethics committee in the 1980s, and has always been interested in interdisciplinary care. Dr. Echenberg's passion for integrative care in women's health now continues with his creation of one of the first privately owned multi-disciplinary practices specializing in assessment, diagnosis and treatment of chronic pelvic pain (CPP). He currently is a member of the International Pelvic Pain Society, International Association for the Study of Pain, the National Vulvodynia Association, and the Interstitial Cystitis Association. Dr. Echenberg is also co-author of "Secret Suffering: How Women's Sexual and Pelvic Pain Affects their Relationships".



Deborah Coady, MD, FACOG

www.sohoobgyn.com

www.healingpainfulsex.com

Dr. Coady received her MD from the Mount Sinai School of Medicine, and trained in Obstetrics & Gynecology at NYU-Bellevue Medical Center. She is board-certified by the American Board of Ob-Gyn. In 1990, she partnered with Dr. Dena Harris in creating SOHO OB/GYN, a comprehensive women's healthcare center. She is a Clinical Assistant Professor of Ob/Gyn at NYU Langone Medical Center, and a Fellow of the American College of Obstetrician-Gynecologists, the New York Academy of Medicine, and the International Society for the Study of Vulvovaginal Disorders, as well as a member of the International Pelvic Pain Society. In 2013 she was certified in Acupuncture by the Tristate College of Acupuncture. Dr. Coady focused the major portion of her practice on caring for women with chronic sexual, vulvar, and pelvic pain disorders, and currently writes, teaches, and mentors to promote integrative medical approaches for chronic pain. She is the co-author of ***Healing Painful Sex: A Woman's Guide to Confronting, Diagnosing, and Treating Sexual Pain***, with Nancy Fish, and proud to be a member of the *Alliance*.

MEET THE ALLIANCE & KEYNOTE SPEAKERS

Amy Stein, D.P.T., BCB-PMD

www.beyondbasicsphysicaltherapy.com

www.healpelvicpain.com



Amy Stein is the founder of, and a premier practitioner at Beyond Basics Physical Therapy in NYC, specializing in pelvic floor dysfunction, pelvic pain, women's health, and manual therapy for men, women, and children. Her treatment consists of a multimodal and a multidisciplinary approach to each patient's entire well-being. She is the author of *Heal Pelvic Pain*, an easy-read, self-help book, and has recently created a patient-oriented video: *Healing Pelvic and Abdominal Pain: The Ultimate Home Program for Patients and Guide for Practitioners*. Amy is also a contributor to the medical textbook, *Female Sexual Pain Disorders: Evaluation and Management*, and serves on the board of the International Pelvic Pain Society, since 2007. She is a well-recognized expert in her field. She is also a contributor to ourgyn.com and a member of ISSWSH, the NVA, ICA, the APTA Women's Health section, as well as many other organizations. Amy received her Doctorate in Physical Therapy from Nova Southeastern University.

Nancy Fish, MSW, MPH

www.sohoobgyn.com

www.healingpainfulsex.com



Nancy Fish received her masters' degrees in social work and public health from Columbia University in 1984. She received her BA in English from Barnard College in 1981. Since 1998, she has had a full-time private practice in Bergen County New Jersey. Nancy uses an eclectic approach combining a psychodynamic, family life cycle, mindfulness, and cognitive behavioral techniques. Nancy specializes in working men and women suffering from sexual pain. Nancy also works with couples, families, individuals and adolescents and deals with a range of issues including bereavement, depression, anger management, and anxiety. After developing sexual pain issues in 2006 and being successfully treated by Dr. Coady, Nancy felt it was her mission to help women suffering from these horrendous and debilitating conditions. Nancy provides a unique insight and perspective into her patient's issues, different than other therapists without her personal experience. Nancy is able to offer a deep understanding of these women's emotions and due to her successful recovery, can offer women hope and insight in how to cope with the overwhelming task of recovering from sexual pain conditions. Nancy offers Skype sessions for all pelvic pain patients. Nancy co-authored with Deborah Coady, MD the book, *Healing Painful Sex: A Woman's Guide to Confronting, Diagnosing and Treating Sexual Pain*.

Alexandra T. Milspaw, PhD, LPC

www.alexandramilspaw.com



Alex Milspaw received her master's degree in counseling psychology and human services from Lehigh University. Alex also received her doctorate degree in human sexuality from Widener University. Alex is a licensed professional counselor in Pennsylvania and is certified as a Master Practitioner of Neuro-Linguistic Programming, Emotional Freedom Techniques (EFT) and Mindfulness-Based Stress Reduction Trainer. She works with male and female patients suffering from chronic pelvic and sexual pain, providing counseling, education, and mind/body relaxation techniques for stress and pain management. Alex has been running workshops for women for over 9 years. Her private counseling practice specializes in chronic pelvic and genital pain, trauma and sexual health. Alex offers online mindfulness training and counseling via Skype, FaceTime, or Google-Chat. She is honored to be in *The Alliance!*

Program Schedule

All meals will be held in Gaia Hall
All lectures will be held in the Pacific Ballroom

FRIDAY May 20, 2016

You are welcome to arrive anytime Friday.

Alliance retreat registration check-in will be available throughout the afternoon and evening.

Hotel check-in begins at 3pm.

Shuttles will run from Stewart International Airport in the afternoon. Exact departure times TBA.

12:00-6:00pm **Registration & Check-in**

4:00-4:30pm **Healing by Being**

Learn the research behind the healing effects of being in nature, surrounded by the patterns and rhythms in the forest. Dr. Alex Milspaw will guide you through a mindful exercise in the woodlands of Honor's Haven Resort.

Meet in the hotel lobby to begin the journey.



4:30-5:15pm **Guided Meditation by the Waterfall**

Dr. Alex Milspaw will guide you on a gentle walk to a gorgeous waterfall in the woods. As we rest by the waterfall, enjoy guided breath work and meditation to prepare our minds and bodies for the weekend's events.

Meet at the waterfall to begin the journey, or join us for the mindful walk over at 4pm.

6:00-7:00pm **Dinner**

7:15-9:00pm **Common CPP Diagnoses and Treatments, Dr. Deborah Coady**

Addressing the Full Spectrum of Healing: Mind, Body, Heart, & Spirit,

Alexandra Milspaw, PhD, LPC

9:00-10:00pm **Gathering by the Fire**

Enjoy the magnificent star-filled sky of the Catskill Mountains next to a warm campfire surrounded by those who share your experience! (If it rains, back-up location will be in Zephr Lounge on the bottom floor)



One-on-one treatment services available throughout the weekend during the afternoons and evenings.

See pages 12-13.

PROGRAM SCHEDULE

All meals will be held in Gaia Hall
All lectures will be held in the Pacific Ballroom

SATURDAY, May 21, 2016

7:15-8:00am	Morning Yoga – <i>outside by the lake, weather permitting</i>
8:00-9:00am	Registration, Check-in, & Breakfast
9:00-9:15am	Welcome & Opening Announcements
9:15-10:45am	KEYNOTE SPEAKER: DR. ROBERT ECHENBERG Overview of Chronic Pelvic, Genital and Sexual Pain Disorders – What Doctors Should Know <i>Pelvic Floor Physical Therapy Evaluation, Amy Stein</i>
10:45-11:00am	Break
11:00-11:45am	Emotional Aspects & Coping Mechanisms for Chronic Pain, <i>Nancy Fish</i>
12:00-1:00pm	Lunch, <i>special lunch topics at varying tables – see page 9</i>
1:00-2:30pm	Integrative & Complementary Modalities for Pelvic Pain, Dr. Deborah Coady Explaining Pain, Trauma, and Mindfulness-Based Stress Reduction Alexandra Milspaw will review the latest research on how pain is processed in the “neuro-matrix” of the mind and nervous system, and the role trauma plays in your body’s protective responses to pain. She will also show the benefits of Mindfulness-Based Stress Reduction on stress and pain in the body and mind.
2:30-5:30pm	Break-out Sessions
5:30-6:00pm	Break
6:00-7:00pm	Dinner
7:15-8:15pm	Nutritional Considerations for Chronic Pain, <i>Special Guest Laura Ricci</i>
8:15-9:00pm	Mindfulness with Empowerment Drumming and Music, Outdoor Pool House Alexandra Milspaw will teach participants an easy-to-learn and fun way to practice mindfulness with rhythmic drumming. Even if you prefer to not drum, there will be shakers to shake, and a dance floor to dance on! Feel free to bring any musical instruments of your own.

**One-on-one treatment services available throughout the weekend during the afternoons and evenings.
See pages 12-13.**

PROGRAM SCHEDULE

All meals will be held in Gaia Hall
All lectures will be held in the Pacific Ballroom

SUNDAY, May 22, 2016

7:15-8:00am	Qi Gong – <i>outside by the lake, weather permitting</i>
8:00-9:00am	Breakfast
9:00-9:15am	Morning Announcements & Patient Testimonial
9:15-11:00am	Persistent Genital Arousal Disorder – The Perfect Storm of Pelvic Pain, <i>Dr. Robert Echenberg</i> Pelvic Floor Physical Therapy Treatment, <i>Amy Stein</i>
11:00-11:15am	Break
11:15-12:00pm	Sexual Health & Relationship Wellbeing, <i>Alexandra Milspaw</i>
12:00-1:00pm	Lunch, <i>special lunch topics at varying tables – see below</i>
1:00-4:00pm	Break-out Sessions
4:00-5:00pm	Closing Panel The Alliance will provide take-away messages and discuss how to apply this experience within your own communities.

Lunch discussion topics

- *Special lunch for Health Care Providers: “Burnout: How do we prevent it?” – Dr. Deborah Coady (Saturday)*
- *Non-surgical and post-surgical treatments for endometriosis - Dr. Deborah Coady (Sunday)*
- *Interstitial Cystitis – Dr. Robert Echenberg*
- *Under 30 group – Nancy Fish*
- *Myofascial treatments for neuropathic pain – Amy Stein*
- *Mindfulness-based intimacy – Alexandra Milspaw*

**One-on-one treatment services available throughout the weekend during the afternoons and evenings.
See pages 12-13.**

PROGRAM SCHEDULE

See the schedule on page 9 for room assignments.

BREAK-OUT SESSIONS

Workshops are 40 minutes in length, with a 5-minute break in-between each session.

**Please follow your personal color-coded schedule for the break-out sessions. This enables a balanced audience in all of the sessions. Thank you!*

SATURDAY, May 21st

Mindfulness-Based Stress Reduction for Pain Management, Alexandra Milspaw

Alex will demonstrate how MBSR can be an easy, realistic tool for pain and stress management in daily life through this interactive workshop.

Physical Therapy Workshop, Amy Stein

Amy will teach how to relax the pelvic floor and the central nervous system, and provide various stretches of the pelvic, abdominal, back and hip region to do at home in an effort to alleviate some of your pelvic pain symptoms.

Grief & Loss: Maintaining Hope, Nancy Fish

Nancy will discuss coping strategies to deal with the grief process and loss related to chronic pelvic pain as well as review techniques for maintaining hope.

“The Doctors’ Room”: Q&A, Robert J. Echenberg, MD, Deborah Coady, MD, & invited MDs

SUNDAY, May 22nd

Sexuality & Relationship Wellbeing, Alexandra Milspaw

Alex will discuss how sexuality and intimacy are affected by chronic pelvic pain. She will review MBSR techniques helpful in reigniting intimacy and sensuality with yourself and your partner.

Physical Therapy Workshop, Amy Stein

Amy will demonstrate and educate you on massage techniques that you can do at home, with or without a partner, using various massage tools and your own hands.

Coping Skills, Nancy Fish

Nancy will guide a discussion on specific coping skills discussed in her lecture and how to apply these skills to your daily life.

“The Doctors’ Room”: Q&A, Robert J. Echenberg, MD, Deborah Coady, MD, and invited MDs

Weekend Workshops Schedule

Please see page 10 for detailed information on afternoon workshops.
Please follow your color-coded schedule to allow for a balanced audience in each session.

SATURDAY MAY 21, 2016

TIME	Polaris Hall	Outside by the Lake (if raining = Summit 3)	Pacific Ballroom	Summit 4
2:30-3:15pm	PT Workshop (with Amy Stein)	MBSR Workshop (with Alex Milspaw)	One-on-One Sessions, or "Doctor's Room" for Q&A	Grief & Loss Group (with Nancy Fish)
3:15-4:00pm	PT Workshop	MBSR Workshop	One-on-One Sessions, or "Doctor's Room" for Q&A	Grief & Loss Group
4:00-4:45pm	PT Workshop	MBSR Workshop	One-on-One Sessions, or "Doctor's Room" for Q&A	Grief & Loss Group
4:45-5:30	PT Workshop	MBSR Workshop	One-on-One Sessions, or "Doctor's Room" for Q&A	Grief & Loss Group
7:30-8:30pm			Special Lecture: Nutritional Healing	

SUNDAY MAY 22, 2016

TIME	Polaris Hall	Outside by the Lake (if raining = Summit 3)	Pacific Ballroom	Summit 4
1:00-1:45pm	PT Workshop (with Amy Stein)	Sexuality Workshop (with Alex Milspaw)	One-on-One Sessions, or "Doctor's Room" for Q&A	Coping Skills Workshop (with Nancy Fish)
1:45-2:30pm	PT Workshop	Sexuality Workshop	One-on-One Sessions, or "Doctor's Room" for Q&A	Coping Skills Workshop
2:30-3:15pm	PT Workshop	Sexuality Workshop	One-on-One Sessions, or "Doctor's Room" for Q&A	Coping Skills Workshop
3:15-4:00pm	PT Workshop	Sexuality Workshop	One-on-One Sessions, or "Doctor's Room" for Q&A	Coping Skills Workshop
4:00-5:00pm			Closing Panel	

One-on-One Sessions

Private Sessions with the following professionals will be held in individual private peaceful treatment rooms on site.

The following multidisciplinary and integrative modalities are optional and available throughout the afternoons (during your break time if possible) and in the evenings until 8pm. Please contact the individual provider to schedule your appointment. We ask that appointments be made at least 1 week prior to the retreat to allow time for the professionals to provide you with an intake form to fill out in advance. A limited number of appointments may be available to schedule on site. These services are not included in your registration fee. All providers' fees are \$100 for 50 minutes or \$50 for 30 minutes payable by cash or check at the time of the session.

Thank you!

Pelvic Floor Physical Therapy

Stephanie Stamas, PT, DPT, ATC Stephanie Stamas, PT,



DPT, ATC received her BS in Athletic Training from the University of Florida and her Doctorate of Physical Therapy (DPT) from Columbia University, College of Physicians and Surgeons. Prior to joining Beyond Basics Physical Therapy, Stephanie worked at Premier Physical Therapy and

Wellness, an outpatient orthopedic clinic where she treated a variety of musculoskeletal orthopedic and neurological disorders, including total joint replacements, low back pain, sacroiliac joint dysfunction, hip pain and incontinence. During her time at Premier Physical Therapy, Stephanie was the women's health specialist, seeing the majority of pre-natal and post-partum patients, and initiated the start of a pelvic floor rehabilitation program.. **Contact Jackie at 646-790-4912, to set up an appointment for a pelvic floor physical therapy (which can also be a second opinion if you have already done pelvic floor physical therapy).**

Acupuncture

www.woodstockhealingarts.com



Ben Fleisher, LAc, CZB received his Master's of Science in Acupuncture from Tri-State College of Acupuncture after an 8 year career as a licensed massage therapist. He became a Certified Zero Balancer in 2008. Ben is the lead

Acupuncturist at Midtown Integrative Health and Wellness, where he works with a number of pelvic pain patients. He also practices near his upstate home in Woodstock, New York. Ben is trained in Japanese-style Acupuncture (under master Kiiko Matsumoto), trigger point Acupuncture (under Dr. Mark Seem), and Traditional Chinese Medicine. Zero Balancing is a form of Acupressure that balances how energy is held in the bones of the body. This unique form of bodywork is a signature aspect of Ben's work and the two methods complement one another beautifully. Either method is available during the weekend. **Contact Ben at ben@woodstockhealingarts.com to book an appointment.**

Pelvic Floor Physical Therapy

Corey Silbert, PT, DPT, OCS, CFMT Corey received her



undergraduate and doctoral education in physical therapy at Simmons College in Boston, MA, earning her BA cum laude in 2004 and her Doctorate in Physical Therapy with distinction in 2006. Over the years following graduation, her approach to physical therapy has evolved through

continuing education classes and working with inspirational mentors. Corey passed her CFMT certification examination with distinction through the Institute of Physical Art in 2013 and achieved her OCS (orthopedic clinical specialist) through the APTA in 2011. **Contact Jackie at 646-790-4912, to set up an appointment with Mary for pelvic floor physical therapy. (which can also be a second opinion if you have already done pelvic floor physical therapy, lymphedema/pelvic congestion, and/or cold laser therapy).**

Yoga for Pelvic Pain



Anne Taylor Anne has been working with Beyond Basics Patients since 2005. Anne completed her first yoga certification at the Kripalu Center for Yoga and Health and in 2003. Anne subsequently completed an additional training and apprenticeship in yoga

therapeutics with bio-psychologist Bo Forbes PsyD as well as an additional assistantship with 30+ year veteran Iyengar Yoga teacher Genny Kapuler. Anne also completed an advanced training with TKV Desikachar trained yoga therapist, Guta Hedwig, as well as a 9 month yoga anatomy training with Leslie Kaminoff at The Breathing Project. Anne seeks to combine alignment and breath work as a means to recalibrate the nervous system to promote optimal health and healing for all. **To schedule a private (\$100) or semi-private (\$50) yoga session, email atyoganyc@gmail.com. She will schedule semi-privates via email, and try to place you with another attendee who will be compatible with you.**

One-on-One Sessions

Private Sessions with the following professionals will be held in individual private peaceful treatment rooms on site.

ONE-ON-ONE TREATMENT OPTIONS

The following multidisciplinary and integrative modalities are optional and available throughout the afternoons (during your break time if possible) and in the evenings until 8pm. Please contact the individual provider to schedule your appointment. We ask that appointments be made at least 1 week prior to the retreat to allow time for the professionals to provide you with an intake form to fill out in advance. A limited number of appointments may be available to schedule on site. These services are not included in your registration fee. All providers' fees are \$100 for 50 minutes or \$50 for 30 minutes payable by cash or check at the time of the session.

Guest Speaker: Laura Ricci, DPT, WHNC



"I teach clients how they can support their bodies and health through nutrition, proper exercise, stress management, and sleep. I see clients struggling with low energy, fatigue, difficulty losing weight, sugar cravings, brain fog, hormonal imbalances, sleep disturbances, low libido, painful sex, and more. I teach clients things that they can do nutritionally and lifestyle-wise to support their body and health.

It is my passion to help empower women to reclaim their health by teaching them to listen to their body and trust their inner wisdom. My job as a women's health and nutrition coach is to act as a guide, holding your hand and providing support each step of the way, to help assist you in reconnecting with your body and intuition to reclaim your energy and vitality. Together, we use your body's inner wisdom as our guiding light on your healing journey."

Laura is a licensed physical therapist (PT) in the state of Texas. She received her Doctorate in Physical Therapy (DPT) from Texas Tech University Health Sciences Center. She has been specializing in the field of pelvic floor and women's health physical therapy since 2011. Laura is a Certified Women's Health and Nutrition Coach (WHNC) through the Integrative Women's Health Institute (IWHI), as well as a guest faculty member of the institute. She is currently completing a two-year Nutritional Endocrinology Practitioner Training Program through the Institute of Nutritional Endocrinology.

Laura developed a passion for functional nutrition and living a healthy lifestyle through her own health challenges. She struggled with digestive issues as a child following a ruptured appendix at age two. She developed pelvic pain (vestibulodynia) as a teenager, which is what motivated her to later specialize in pelvic floor physical therapy. In college, she developed daily headaches, frequent migraines, and extremely painful and irregular periods.

More information about Laura can be found on her website at lauraricci.vpweb.com

For private sessions with Dr. Laura Ricci, email her at: womenshealthcoach@gmail.com