Alexandra T. Milspaw, Ph.D., M.Ed., LPC, CST, PPSD

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Professional Leadership Experience

Executive Board Member, International Pelvic Pain Society, 2022-Present
- Program Chair and Scientific Director for Annual Scientific Meeting, June 13-14, 2025

Board Member, International Pelvic Pain Society (IPPS), 2021-2022

Advisory Board Member, International Pelvic Pain Society, 2019-2020
- Coordinated care with top chronic pelvic and sexual pain specialists to enhance the assessment and treatment of chronic pelvic pain
- Planned and implemented annual Clinical Foundations Training Course at the IPPS conference

Faculty and Co-Chair, International Pelvic Pain Society Clinical Foundations Training Course, 2018-Present
- Organized and implemented the Clinical Foundations Course (in-person 2018 & 2019, virtual 2020)
- Presented on the following topics: Healing the Brain to Heal Painful Habits, Psychosocial Assessments for Chronic Pelvic and Sexual Pain Population, & Centers of Excellence: How to Create a Multidisciplinary Treatment Center for Chronic Pelvic Pain

Vice President of the 4-D Network, Founded by Gina Ogden, PhD., Cambridge, MA, 4-DNetwork.com
- Not-for-profit educational LLC
- Faculty member acceptance in 2017, invited by Gina Ogden
- Certified 4-D Wheel Practitioner as of March 2014
- Trained under Gina Ogden since 2007

Founder, Presenter and Main Coordinator, Alliance for Pelvic Pain, Bethlehem, PA, April 27-28, 2013 & New York City, NY, May 20-22, 2014
- Coordinated with top chronic pelvic pain specialists in the country: Deborah Coady, MD., Amy Stein, DPT, Robert Echenberg, MD., & Nancy Fish, MSW, MPH
- Planned and implemented the first International Educational Retreat for female pelvic pain patients
- Coordinated sponsorship and fundraising for low-income patients to attend
- 90 Participants from 18 different states, Canada, and the United Kingdom attended
- Presented on the following topics to 100 participants: Neurobiology of Pain and Trauma, Mindfulness-Based Stress Reduction, Integrative Modalities, and Chronic Pelvic Pain & Sexual Wellbeing

Founder & Executive Director, Institute for Women In Pain, Bethlehem, PA, January 2011-October 2013
- Network with like-minded professionals for the integrative treatment of women suffering from pelvic, sexual, and generalized chronic pain
- Coordinate Advisory Board for Institute for Women In Pain
    - Weekly meetings with Medical Director of Institute for Women In Pain
    - Bi-monthly dinner meetings and educational presentations on Chronic Pelvic Pain

Producer & Workshop Leader, Lehigh Valley Prison Day Program For Women & Families, December 2007-March 2008
- Produced and directed 10 female inmates within the rehabilitation center to perform “The Vagina Monologues” for the remaining 40 female inmates
- Ran empowerment and healing workshops with the women using art, music, writing, and creative expression

Founder, 24/7 Crisis Line, Break the Silence, Lehigh University, Fall 2005 to date
- Operator for the on-campus, student-run crisis line available 24/7 when school is in session

Lehigh University Women's Center Employee, Lehigh University, Bethlehem, PA, Spring 2004 – May 2007
- Assisted in the Production of "The Vagina Monologues," raising over $10,000 in 2005 and 2007
- Wrote and designed programs for student groups on sexual violence, harassment, and stalking
- 24/7 Crisis-line operator

Prevention Educator, Break the Silence, Lehigh University, Spring 2004 to date
- Present programs to university organizations on the prevention of sexual violence on Lehigh's campus, including date rape, relationship violence, stalking, and harassment
- 70+ hours of training on sexual violence issues, prevention and response
- Attended National Sexual Violence Prevention Conference Fall 2004

Professional Publications & Productions

"Hypersexual or Hypersensitive? Understanding the Bigger Picture of Persistent Genital Arousal Disorder." (2025) *Evidence-Based Psychotherapy for Pain in Women and Girls.* Edited by Laura Payne, PhD, within Springer Nature's *CBT Science into Practice* book series.

Pending publication 2026: **"Sensate Focus for the Individual: Addressing Pelvic Pain."** Featured Chapter in *Sensate Focus for the Individual: A Therapeutic Approach for Solo Erotic and Sexual Wellness*. Edited by Rosara Torrisi, PhD., Long Island Institute of Sex Therapy

"The burden of Chronic Pelvic Pain (CPP): Costs and quality of life of women and men with CPP treated in outpatient referral centers." Hutton D, Mustafa A, Patil S, Rathod S, Shrikhande G, Advincula A, Drummond J, Gregersen P, Hall J, Metz C, Milspaw A, Orbuch IK, Stahl P, Stein A, Shrikhande A. PLoS One. 2023 Feb 9;18(2):e0269828. doi: 10.1371/journal.pone.0269828. PMID: 36757947; PMCID: PMC9910684.

"Identifying gaps in pelvic pain education: A scoping review and structured analysis of obstetrics and gynecology training milestones", Carrillo, J., Castellanos, M., Green, I., Milspaw, A. *The Journal of Minimally Invasive Gynecology. December 2023.*

"Hello, Down There: A Guide to Healing Chronic Pelvic and Sexual Pain", Published by Bright Communications, © 2022, ***Honored and welcomed into the Kinsey Institute Archives Library in Fall 2024***

Featured in *Healing Painful Sex* by Deborah Coady, MD and Nancy Fish, MSW, *Activating the Body-Mind-Spirit Connection to Restore Health and Well-Being* by Mary Ruth Velicki, and *Beating Endo* by Amy Stein, DPT

"Assessing Research Gaps and Unmet Needs in Endometriosis", American Journal of Obstetrics and Gynecology, Corresponding Author: Rebecca Nebel, Co-Authors: Sawsan As-Sanie; Rebecca Black; Linda C Giudice; Tanika Gray Valbrun; Jhumka Gupta; Brittany Jones; Marc R Laufer; Alexandra T Milspaw; Stacey A Missmer; Abby Norman; Robert N Taylor; Kedra Wallace; Zev Williams; Paul J Yong

"Including Sexual Function in Patient Evaluation in the Geriatric Rehabilitation Setting", Topics in Geriatric Rehabilitation, (2016), 32(3): 221-228. Wolters Kluwer Health, Inc. DOI: 10.1097/TGR.0000000000000114

"Mindfulness-Based Cognitive Therapy in the Treatment of Urological Pain Disorders", Chapter in: *Alternative Therapies for Benign Urological Conditions***,** (2014)**,** edited by Bilal Chughtai MD, Amy Stein DPT and Geo Espinosa ND.

"Healing the Pain Down There", DVD, © 2014, www.paindownthere.com
- Educational and Instructional DVD on chronic pelvic, genital, and sexual pain
- Featuring Alexandra Milspaw, Robert Echenberg, MD, Karen Liberi, DPT, and Stephanie Yeager

"Guided Meditations for 4-D Healing", Audio CD © 2019
- Guides participants utilizing a mindfulness-based approach through Gina Ogden's 4-D Wheel

"Guided Meditations for Mindful Living", Audio CD © 2012
- Discussed in "Healing Painful Sex" (2012) by Deborah Coady, M.D. and Nancy Fish, LCSW

Professional Presentations

Mayo Clinic, Obstetrics and Gynecology Department, *July 2025*

- "Connecting the Dots for Chronic Pelvic Pain in Women and Girls: The Power of Educating Patients on Psychoneuroimmunology"

International Pelvic Pain Society, October 2012, 2017-2025

- **Program Director and Scientific Chair for Annual Scientific Meeting June 13-14, 2025**
- **Co-Chair, Clinical Foundations Clinical Training Course, 2019-2025**
- "Training the Brain to Heal Painful Habits: Using Mindfulness to Heal the Brain from Chronic Pain and Trauma"
- "Psychosocial Assessment for the Chronic Pelvic Pain Population"
- "Centers of Excellence: Creating a Multidisciplinary Center for Chronic Pelvic Pain"

Pennsylvania Bar Institute, 2015-Present, Annual Trainings in Philadelphia, Allentown, Bethlehem, Reading, Mechanicsburg, & Harrisburg, Pennsylvania

- "Beyond Mindful Lawyering" – 3-hour training workshop
- Webinar Presentation – "Mindfulness-Based Stress Reduction: Shifting Habits and Healing Trauma"

ARMA International, Data Information Conference, October 28, 2020

- "Training the Brain to Heal Painful Habits" – 50-minute presentation

Pudendal Neuralgia Association, November 2017 & May 2019, Webinar, Annapolis, MD

- "CBT, Mindfulness, and Biofeedback in the Treatment of Pudendal Neuralgia"

World Congress on Pelvic and Abdominal Pain, October 10-15, 2017, Washington, D.C.

- "Behavioral Foundations for Chronic Pain" – Pre-Conference Basics Course Training

GuideOne Insurance Company, February 2019, Annual Conference

- "Training the Brain to Heal Painful Habits" – focus on secondary trauma and burnout prevention

National Funeral Directors Association, November 2018 – Present, Annual Conference

- "Training the Brain to Heal Painful Habits" – focus on secondary trauma and burnout prevention

Pennsylvania American Association for Justice, Boca Raton, FL, February 26, 2016

- "Mindfulness-Based Stress Reduction: Tools for Success" – 60-minute lecture

International Pelvic Pain Society, San Diego, CA, October 24-25, 2015

- "Mindfulness-Based Stress Reduction: Healing the Brain's Painful Habits" - 60-minute lecture, October 24, 2015
- "Talking about Sexual Health with Patients: A Clinician's Guide" – all day training, Sunday October 25, 2015

Alliance for Pelvic Pain, Bethlehem, PA – April 27-28, 2013; New York, NY – May 31, 2014 - June 1, 2014; Ellenville, NY – May 20-22, 2016

- "The Neurobiology of Trauma and Pain Processing"
- "Chronic Pelvic Pain and Sexuality"
- "Mindfulness-Based Stress Reduction"
- "Integrative Modalities"

University of Scranton Medical School, Scranton, PA

- Presentation, March 16, 2012 – "A Brief Overview of Human Sexuality within Human Development"
- Presentation with Robert J. Echenberg, MD, October 2011 – "The Etiology of Chronic Pelvic Pain: Diagnoses and Treatment Options"

Penn State University, Pottstown, PA

- Presentation, February 9, 2012 – "Mindfulness-Based Relaxation: Increasing Intimacy and Sensuality in Relationships"

Lehigh Valley School Nurses Association, Allentown, PA

- Presentation with Robert J. Echenberg, MD, January 23, 2012 – "Chronic Pelvic Pain: Early Warning Signs in Young Women and Girls"

Lehigh University, Bethlehem, PA

- November 6, 2013, "Chronic Pelvic Pain & the Female Athlete" – presented to Sports Medicine faculty and female athletes
- October 28, 2013, "Chronic Pelvic Pain: Utilizing the ISIS Wheel for Healing" – presented to graduate and undergraduate level students in Women and Health course taught by Dr. Karen Hicks
- March 17, 2013, "Group Therapy Facilitation for Specialty Populations" – presented to graduate level counseling psychology students
- October 17, 2012, "Chronic Pelvic Pain & the Female Athlete" – presented to Sports Medicine faculty and female athletes
- January 30, 2012, "Psychological Stressors and Influences on Women Coping with an Unplanned Pregnancy"
- Spring 2011, "Sexual Violence, Relationship Violence, and Abortion"
- Spring 2010, "Human Sexuality Professions, Passions, and Experiences"
- Spring 2010, "Sexual Orientation & Adult Sexual Relationships"
- Fall 2009, "Holistic Approaches to Empowering Survivors of Sexual Assault"

SisterSong "Let's Talk About Sex" National Conference, Miami, FL

- Presentation, July 15, 2011 – "Abortion Access for Underserved Populations"

Medical Students for Choice Conference, Thomas Jefferson Medical School, Philadelphia, PA

- Presentation, March 5, 2011 – "Abortion Access for Underserved Populations"

Abortion Care Network National Conference

- Presentation, May 20, 2012 – "The Neurobiology of Pain: How to Explain Pain to Patients Before a First and Second Trimester Abortion"
- Presentation, February 2011 – "Mindfulness-Based Stress Reduction for Clinic Staff and Patients"

Bethlehem Performing Arts High School, Bethlehem, PA *(AWC)*

- January 2011- "Safer Sex Practices"

Calypso Elementary School, Bethlehem, PA *(AWC)*

- May 26, 2010 – Workshop with 5th grade girls and their mothers: "Puberty, Menstruation & Communication"

National Abortion Federation National Conference

- Presentation, 2011
  - "Feminist Perspective of Generations Working Together"
  - "Abortion Access for Incarcerated Women"
  - "Abortion Access for Underserved Populations"
- Presentation, 2010 – "Generations X, Y, & Z: Working Together in a Clinic Setting"

Turning Point of the Lehigh Valley, Bethlehem & Allentown, PA Spring 2009 to Present

- Educational workshops on birth control, healthy relationships, and stress management
- Workshops for Women – educational, healing and empowerment workshops for survivors of domestic violence

National Conference on Sexual Assault in Our Schools, Orlando, FL

- Presentation, 2009 – "Holistic Approaches to Empowering Survivors of Sexual Assault"
- Presentation, 2007 – "Campus Rape Culture: A Cross-Cultural Analysis"

Professional References

Jorge Carrillo, MD & Georgine Lamvu, MD
Orlando Veteran Medical Center
Co-Chair of the Clinical Foundations Course for
the International Pelvic Pain Society
Jofer_carrillo@hotmail.com

Georgine.Lamvu@va.gov

Isabel Green, MD
Mayo Clinic, Rochester, MN
Executive Board Member for the IPPS