



# Pain Reprocessing Therapy (PRT) Treatment

---

## What is Pain Reprocessing Therapy (PRT)?

A mental health therapy that specifically aims to eliminate or nearly eliminate chronic pain. It is a neuroscience, evidenced-based treatment that is based on the understanding that the brain can generate pain without injury or, even after an injury has healed, that chronic pain is a maladaptive response the nervous system learns over time.

PRT aims to break the cycle of chronic pain by retraining the brain to unlearn chronic pain by interpreting and responding to pain signals more accurately. This helps people learn to perceive pain signals as less threatening and manage emotions that may make pain feel worse.

## Who benefits from PRT?

This therapy is most effective for people whose pain is not due to active structural tissue damage or disease that is caused by cancer, fracture, infection, nerve damage or autoimmune disorders. The pain might have originated with these issues; however, it continues to persist for at least three months after medical treatment and expected healing times.

Patients will additionally have the greatest benefit from this therapy if they are interested in learning about the Center for Mind Body Medicine approach to chronic pain and practicing brain retraining skills to calm their nervous system.

## PRT session outline:

Phase 1: Neuroplastic Pain Assessment, Pain Education and Personalized Evidence Gathering of Neuroplastic Pain

Phase 2: Somatic Tracking/Brain Retraining Skills Building and Routine Practice

Phase 3: Treatment Review & Maintenance/Relapse Prevention

## How to make the most of your PRT experience:

- **Read Books/Websites:** The Way Out, Unlearn Your Pain, Mind Your Body, The TMS Wiki, The PRT Wiki, Association for the Treatment of Neuroplastic Symptoms
- **Listen to Podcasts:** Tell Me About Your Pain, Crushing Doubt, The Cure for Chronic Pain
- **Watch YouTube Channels and Playlists:** The Pain PT, Recovery Stories on Symptomatic, What is Pain? by Howard Schubiner
- **Practice! Practice! Practice!:** Somatic Tracking and other Mind Body Medicine Skills learned in group or guided exercises on your own or using Insight Timer, Calm App or YouTube.