

Jan Mundo, CMSC, CMT
Transformative Healing Arts
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212.991.8611

INTRODUCTION

Jan Mundo is a transformative healing artist who specializes in working with personal development, self-transformation, headaches, migraines, stress, tension, and trauma. She has a longtime, deep commitment to helping clients: unwind where they are stuck in body, mind, emotions, and spirit; fulfill their life purpose; and enjoy health, wealth, creativity, and vitality.

She is a certified: Master Somatic Coach and bodyworker, Body-centered and Conscious Relationship Transformation therapist, massage therapist, and energy worker. She works with private clients, teaches programs at medical and community centers, universities, corporations—and trains wellness practitioners.

In 1970, Jan created the Mundo Method, a body-mind headache relief therapy and, in 1993, developed a self-care prevention program. A 2001 retrospective study of 78 migraine cases in the six-week Mundo Program showed a 41% reduction in the number of headaches and 52% decreased use of abortive medication. The findings were published in the peer-reviewed, international medical journal *Cephalalgia*.

Jan is author of the chapter “Conquering Chronic Headaches” in *Being Human at Work*, feature magazine articles, and several blogs, and she is writing a body-mind self-care book about headaches and migraines.

Jan was a founding member and fifteen-year-resident of the intentional community The Farm in Summertown, Tennessee. Her experiences there, including vegetarian cookery, farming, gardening, homebirth, meditation, and the art of collective living, inform her work today. She is a contributing author of *Spiritual Midwifery* by Ina May Gaskin and a contributing editor of *The Farm Vegetarian Cookbook*. Jan’s life story is profiled in the 2013 documentary feature film *American Commune*.

PROFESSIONAL EXPERIENCE

Private Practice — 1992-present

New York, NY, 2005-ongoing; Berkeley, CA, 1994-2005; Santa Monica, CA, 1992-93
Somatic and headache coaching and transformative body-mind work for stress, tension, headaches, migraines, trauma, and self-development

Associate — 1998-present

Strozzi Institute, Petaluma, CA; and coach for Somatic Coaching Track students

Staff — 1992-2003

UCSF Osher Center for Integrative Medicine, UCSF Medical School, San Francisco, CA, 2002-03,
integrative medicine specialist

Integrative Center for Culture and Healing, St. Luke’s Medical Center, San Francisco, CA, 2001,
certified massage therapist, chronic pain specialist

Sports Club/LA, West Los Angeles, CA, 1992-93, massage therapist

Women’s Health Club, West Los Angeles, CA, 1992-93, massage therapist

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Teacher | Founder, Mundo Headache Program for Professionals — 1998-present

Professional Trainings, Lectures, and Workshops

Mundo Method Hands-on-Headache Professional Training, New York, NY, 2015, 4-days (30 hours)
Mundo Method Teleclass, New York, NY, 2009, 6-week teleclass, 12 hours
Headache Coach Professional Training Program, Level 1, Dingmans Ferry, PA, 2006-07, 100 hours
Body Therapy Institute, Cary, NC, 2007, “Handling Headaches” 3-day CE course
US Association of Body Psychotherapy Annual Conference, Tucson, AZ, 2005, “The Intersection of Chronic Pain, Headaches & Somatics,” 1-day workshop
Kaiser Permanente, Richmond, CA, 2004, “Body-Mind Headache Relief,” hospital grand rounds
Headache Healing Center, Berkeley, CA, 2004, “Mundo Method Headache Relief I & II,” 5 days
Association of Humanistic Psychology Conference, San Bernardino, CA 1999, 2003 “Somatic Headache Care,” workshops
California State University, San Francisco, Holistic Health 690, San Francisco, CA, 2002, “Headaches and Somatics,” guest lecturer
International Headache Congress, New York, NY, 2001, “The Cost-Effectiveness of a Prophylactic Migraine Program as Compared to Pharmacological Migraine Treatment,” poster session
UCSF Pain Clinical Research Center, Pain Interest Group, San Francisco, CA, 2001, “Body-Mind Headache Management”
University of the Pacific School Of Dentistry, San Francisco, CA, 2000, “Body-Mind Headache Management,” lecture
American College of Traditional Chinese Medicine, San Francisco, CA, 1999, “Somatics & the Body-Mind Connection,” guest lecturer
UCSF Mt. Zion Pain Management Center, San Francisco, CA, 1998, lecture

Health Educator: Mundo Headache Program for Patients (6 weeks) — 1998-present

NY Headache Center, New York, NY, 2011
UCSF Osher Center for Integrative Medicine, San Francisco, CA, 2002-03
Lockheed Martin Employee Connection, Sunnyvale, CA, 2002
Hill Physicians Medical Group, Inc., CA, SF Bay Area medical centers: John Muir, Mt. Diablo, Eden, St. Francis, St. Mary's, San Ramon, 1996-2001, (twelve 6-week programs)
Hewlett-Packard Company, Santa Clara, CA, 1998
Kaiser Permanente, Oakland and Park Shadelands, CA, 1995-97 (11 programs)
Institute for Health & Healing, CA Pacific Medical Center, San Francisco, CA, 1996-97 (2 programs)
Stanford University, Health Improvement Program, for faculty and staff, Palo Alto, CA, 1996
Alta Bates Medical Center, Berkeley, CA, 1996
UC Berkeley, Health*Matters, for faculty and staff, Berkeley, CA, 1995

Speaker | Panelist: Body-Mind Headache Care — 1995-present

East-West Yoga, New York, NY, 2007, “How Headaches Are Like Cats”
Moving Body Resources, New York, NY 2007, “How Headaches Are Like Cats”
Barnes & Noble, Berkeley, CA, 2003, *Being Human at Work* authors panel moderator, panelist
Elephant Pharmacy, Berkeley, CA, 2002-03, “Somatic Headache Relief”

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East Bay Headache Support Group, John Muir Hospital, Walnut Creek, CA, 1997, 2003, “Body-Mind Headache Care”
UCSF School of Medicine, Lunchtime Lectures, San Francisco, CA, Sep 2002, Nov 2003, “Natural Headache Management”
CA Pacific Medical Center, Community Health Resource Center, San Francisco, CA, 1998, 2000
KLA-Tencor, Brownbag Lunch Lectures, Milpitas, CA, 2002, “Ten Ways to Beat Headaches”
Hewlett-Packard, Santa Clara, CA, 1998, “Headaches in the Workplace”
Apple Computer, sponsored by PacifiCare, Elk Grove, CA, 1997
Health Medicine Forum 1st Annual Symposium, Leshar Arts Center, Walnut Creek, CA, 1997
Institute of Healing Arts & Sciences, UCSF, San Francisco, CA, 1996
Seton Medical Center, Daly City, CA, 1996
Institute for Health & Healing, Planetree Health Library, San Francisco, CA, 1996
Pacific Bell Employee Assistance Program, San Ramon, CA, 1996
UC Berkeley, Health*Matters, Faculty/Staff, Berkeley, CA, 1995
YMCA, San Francisco, CA, 1995
Whole Life Expo, San Francisco and San Jose 1994, Apr, Oct 1995

Health Educator | Speaker: Somatic Awareness, Stress Reduction — 1998-present

Topics: Somatic Awareness, Stress Reduction, Meditation, Couples Massage, Self-Massage, Qi Gong
NYU School of Professional Studies, Coaching Master Class, 2006, New York, NY, “Body-Centered Coaching,” lecture
East-West Yoga, New York, NY, 2007, “Centering in Daily Life,” workshop
UC Berkeley Career Day, Integrative Medicine Panel, Berkeley, CA, 2004, panelist
UCSF Medical School Integrative Medicine Forum, San Francisco, CA, 2000-2004, “Somatic Awareness”
UC Berkeley Integrative Medicine Conference, Berkeley, CA, 2002-04, “Somatic Awareness”
The Farm annual gathering, Summertown, TN, 2003, “Embodying Community,” 3-session workshop
John Muir/Mt. Diablo Health System, Women’s Health Center, Walnut Creek, CA, 2003, “Somatic Awareness for Stress Reduction,” workshop
National Center of Excellence in Women’s Health, Embracing Menopause Symposium, UCSF, San Francisco, CA, 2002, “Stress Reduction for Menopause,” workshop
UCSF Medical Center, Passport to Women’s Health Conference, San Francisco, CA, 2002, “Healing the Body Image,” panel moderator, presenter
UCSF Mt. Zion, Lunchtime Lectures, San Francisco, CA, 2002, “Body-Mind Stress Reduction,” employee talk
Horizon Services, Corp., East Bay, CA 2002 “Stress Reduction through Somatic Awareness,” half-day staff program
Eden Medical Center Wellness, CA, Apr & May 2002, “Stress Reduction Self-Massage,” workshops
One Body, Emeryville, CA, 2002, “Somatics and Stress Reduction,” employee seminar
Joie de Vivre Corp., San Francisco, CA, 2001, “Somatic Awareness for Stress Reduction,” staff event
Mundo Lifework, Berkeley, CA, 2001, “Somatic Awareness Workshop II,” 6-month advanced course

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Mundo Lifework, Rosen Method Center, Berkeley, CA, 2000-01, "Somatic Awareness Workshop,"
two 6-week public courses

Hill Physicians Medical Group, CA, 1996-2001, 6-week class series at Bay Area medical centers:
John Muir, Mt. Diablo, Eden, St. Francis, St. Mary's, San Ramon; and community & senior centers,
health educator

Strategic Decisions Group, Palo Alto, CA, 1998, "Stress Reduction Strategies," employee seminar
National Semiconductor, San Mateo, CA, 1998, "Body-Mind Stress Reduction," employee seminar

EDUCATION AND CREDENTIALS

Professional Certifications

Master Somatic Coach and Bodyworker, Strozzi Institute, Petaluma, CA 2001

Body-Centered Transformation, The Hendricks Institute, Ojai, CA 1993

Conscious Relationship Transformation, The Hendricks Institute, Ojai, CA 1994

Massage Therapist, Massage School of Santa Monica. Santa Monica, CA 1992

Professional Training

Strozzi Institute, Petaluma, CA, with Richard Strozzi Heckler, PhD, Founder and Instructor, 1996-2005

Somatic Coach Training Program (1996-2001) Year-long embodied leadership trainings

Somatic Bodywork (1998, 1999) two 5-day trainings, plus 2 years supervision sessions with

Denise Benson and Staci Haines in unwinding unproductive patterns through bodily awareness

Women's School of Embodied Leadership (2003) 7-day course

Horses & Leadership (2002) workshops, private sessions working with horses to develop leadership

Somatic Coaching Intensives I, II, and III (2001, 2002) 3-day coaching workshops

Annual Somatic Coaching Conference (2001, 2002, 2003) 3-day conferences

Edges Alliance: Edges Conference of professional coaches, Point Reyes Station, CA, 2004, 4-days

Generative Somatics: Somatics and Trauma, San Francisco, CA, 2002, 10-month training with Staci

Haines: unwinding trauma and building resilience through the body

Stens Corporation and the Biofeedback Training Institute, Marin, CA, 2001:

Professional Biofeedback Cert. Program (50-hours); Behavioral Medicine, Biofeedback, and

Headaches Workshop (24 hours), protocol techniques, practical applications, clinical procedures

American Headache Society: Annual Scientific Meetings, San Francisco 1998, Boston 1999, NYC 2001

Scientific conference for neurologists, medical professionals, and researchers

Tamalpa Institute: Expressive Arts Therapy, San Rafael, CA 1999, 3-day training

Healing Touch International: Healing Touch Level I, Sebastopol, CA 1999, 3-day training

Green Gulch Farm Zen Center: Sensory Awareness with Charlotte Selver, CA 1999, 3-day workshop

CoreText Seminars: Stress and Disease with Robert Sapolsky, PhD, CA 1997, 1-day CE seminar

Esalen Institute: Molecules of Emotion, Candace Pert, Don Hanlon Johnson, CA, 1997, 3-day workshop

CA Institute for Integrative Studies (CIIS): Core Shamanism with Sandra Ingerman and Michael Harner,
CA, 1995-97, four 3-day workshops

The Hendricks Institute: Body-Centered Transformation (1992, 1993); Conscious Relationship

Transformation (1994, 1994), CA and CO, four 7-day professional training programs (200 hrs total)

Nurse Healers Professional Associates Conference, Sacramento, CA, 1993, 3-day conference

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Intuitive Development & Energy Work with Kate McGovern, CA, 1992-98, prof. training, workshops
Intuitive Development Workshops with Ann and Jim Armstrong, CA, 1993
National Institutes of Health, Office of Alternative Medicine Clinical Research Training and 1st Annual
Conference, San Francisco & Bethesda, 1993, for alternative medicine practitioners, researchers
ISSSEEM (International Society for the Study of Subtle Energy and Energy Medicine) Annual
Conference, Monterey, CA, 1993; Boulder, CO, 1995, two 4-day professional conferences
Breathwork Workshop with Mitchell May, CA, 1992, 2-day workshop
University of Chicago School of Medicine: Practicing Physician's Approach to the Difficult Headache
Patient, Palm Springs, 1992, physicians post-graduate CE course
Qi Gong with Joe Lopez, Santa Monica, CA. 1992-93, weekly class
Massage School of Santa Monica, CA: Swedish Massage Therapy (150-hour professional training:
massage, reflexology, physiology, anatomy, CPR); Advanced: Pregnancy Massage; Connective
Tissue Integration 1992

Education | Continuing Education

UCSF Extension, 2002 "Developmental Psychology," semester
UCLA Extension, 1990 "Documentary Production," semester
UCLA Extension, 1989 "Creative Writing" with author Roland Barber, semester
UC Berkeley, undergraduate, 1967-69 English, Art
California State University Northridge, undergraduate, 1965-67 Theater Arts, English

PUBLISHED WORK

Books — 1976-present

- Mundo, Jan. "Conquering Chronic Headaches: Somatic Self-Care for Transforming Pain." *Being Human at Work*. Ed. Richard Strozzi-Heckler. Berkeley, CA: North Atlantic, 2003. Chapter 20, 211-224. Print.
- . "Miguel and Rena's Births." *Spiritual Midwifery*. 4th ed. Ina May Gaskin. Summertown, TN: Book Publishing Company, 2002. 139-140. Print.
- . "Miguel Ari." *Spiritual Midwifery*. 1st, rev. eds. Ina May Gaskin. Summertown, TN: Book Publishing Company, 1977. 102, 135. Print.
- . Contributing Editor. *The Farm Vegetarian Cookbook*. Ed. Louise Hagler. Summertown, TN: Book Publishing Company, 1976. Various pages. Print.

Periodicals | Peer-reviewed Journals — 1994-present

- Mundo, Jan. "Hands On Therapy for Relief from Headaches." *Massage Magazine* Apr/May 2007: 66-74. Print and Web.
- . "From Pain to Passion with Feeling: The Challenge of Healing Headaches." *Keeping in Touch*, US Assoc. for Body Psychotherapy, Newsletter 24 (Winter 2006): 5-6. Print. Jan 2006. Web.
- . "Handling Headaches: A Specialist's Self-Care Program." *Massage & Bodywork Magazine* Jun/Jul 2004: 66-74. Print and Web.

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Wilson, Theresa, Mundo, Jan, et al. "The Cost-Effectiveness of a Prophylactic Migraine Program as Compared to Pharmacological Migraine Treatment," Abstract. *Cephalalgia International Journal of Headache* 21.4 (May 2001): 368-69. Print. Web. Jun 2001.

Mundo, Jan. "Headaches as a Somatic Experience." *Lomi Somatics Forum* [Santa Rosa, CA] Oct 1997. Print.

—. "Headaches and the Body-Mind Connection." *Conscious Life* [Oakland, CA] Dec 1997. Print.

—. "Headaches Gone!" *Open Exchange Magazine* [Oakland, CA] May 1994. Print.

—. "The Mundo Method White Paper: Therapeutic Hands-On Headache and Migraine Relief." Self-published. 1993-2015. Print and online.

For published articles, essays, etc., see: theheadachecoach.com, "In Print & Online" tab

MEDIA

Television | Radio | Film — 1995-present

AMERICAN COMMUNE Movie, documentary feature film by Rena Mundo Croshere and Nadine Mundo, 2013, Mundo Sisters, featured character.

Al Jazeera America television, *Consider This* hosted by Antonio Mora, guest, December 2013.

MNN-TV, *Coach World TV* hosted by Laurie Lawson, "Healing Headaches," NYC, 4/23/12, :30 show, guest.

MNN-TV, *Beyond the Shadows* with Susan Finelli, "The Headache Healing Road," NYC, 1/18/11, :30 show, guest.

Pacifica-TV, *Pulse*, "Stop Your Headaches Now!" CA 1998, :30 TV show, guest.

KQED-FM (NPR), *Family Talk with Ren Vera*, "Headache Healing," San Francisco, 1995, 1-hour radio show, guest.

Online | Social Media — 2001-present

The Headache Coach. theheadachecoach.com, 2009-present. Website and blog.

Mundo Lifework. mundolifework.com, 2004-present. Website and blog.

LinkedIn. LinkedIn.com/in/janmundo, 2010-present. Professional profile.

Headache Coach on Facebook. facebook.com/headachecoach, 2009-present. Professional page.

Headache Coach on Twitter. twitter.com/headachecoach, 2012-present.

Jan Mundo on Twitter. twitter.com/janmundo, 2012-present

Mundo Lifework Newsletter. Email newsletter sent to 600+ subscribers. 2006-ongoing.

Blue Shield, mylifepath.com, 2001. Online massage expert for Blue Shield's interactive wellness website.