

Jan Mundo, CMSC, CMT, RSME
Headaches • Migraine • Somatic Coaching • Bodywork
theheadachecoach.com • jan@theheadachecoach.com • 212.991.8611

INTRODUCTION

Jan Mundo is a somatic practitioner and bodyworker specializing in mind-body self-care for headache, migraine, stress, tension, pain, and trauma. In 1970 she developed the Mundo Method, a hands-on headache relief protocol. In 1992 she created the Mundo Program to solve headache and migraine mysteries with mind-body self-care. She sees clients in Alameda, CA, NYC, and by web cam, and holds programs at medical centers, universities, corporations, and conferences. *THE HEADACHE HEALER'S HANDBOOK: A Holistic, Hands-On Somatic Self-Care Program for Headache and Migraine Relief and Prevention* (New World Library, 2018) is a step-by-step comprehensive guide to her program.

Mundo is a certified: Master Somatic Coach and Bodyworker, Body-centered and Conscious Relationship Therapist, and massage therapist with advanced training in multiple healing modalities. Her writing is published in books and magazines and online. She is an invited guest on podcasts, radio shows, and webcasts.

PROFESSIONAL EXPERIENCE

Private Practice

Somatic and headache coaching and bodywork

Alameda, CA, Manhattan, and via webcam.	2019-ongoing
New York, NY.	2005-2018
Berkeley, CA.	1994-2005
Santa Monica, CA.	1992-1993

Associate

Strozzi Institute, Petaluma, CA. Somatic Coach & Bodyworker; mentor for coaching students. 1998-2017

Staff

Osher Center for Integrative Medicine, UCSF Medical School, San Francisco, CA.	2002-2003
Integrative Medicine Specialist, center's start-up year.	
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. Massage Therapist.	1992-1993
Women's Health Club, West Los Angeles, CA. Massage Therapist.	1992-1993

Headache Class Series for Patients

NY Headache Center, New York. NY. (6-wk program)	2011
UCSF Osher Center for Integrative Medicine, San Francisco, CA. (6-wk program)	2002-2003
Lockheed Martin Employee Connection, Sunnyvale, CA. (6-wk program)	2002
Hill Physicians Medical Group, Inc., CA. SF Bay Area medical centers: John Muir, Mt. Diablo, Eden, St. Francis, St. Mary's, San Ramon. (twelve 6-week programs)	1996-2001
Hewlett-Packard Company, Santa Clara, CA. (4-wk program)	1998
Kaiser Permanente, Oakland and Park Shadelands, CA. (eleven 4- and 5-week programs)	1995-1997
Institute for Health & Healing, CA Pacific Medical Center, San Francisco, CA. (2 programs)	1996-1997
Stanford University, Health Improvement Program, for faculty and staff, Palo Alto, CA. (6-wk)	1996
Alta Bates Medical Center, Berkeley, CA. (4-wk program)	1996

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UC Berkeley, Health*Matters, for faculty and staff, Berkeley, CA. (4-wk program) 1995

Speaker | Presenter | Panelist: Mind-body Headache Care

Miles for Migraine 2019 Education Day, NYU Langone Health Center, NYC. <i>Meditation for Migraine</i> experiential workshop.	12/08/19
LinkedIn Headquarters, New York, NY. <i>Hands-On Headache Relief and Prevention</i> .	7/09/19
RetreatMigraine Conference, San Antonio, TX.	
• Treatment Expo presenter, live demo: <i>Holistic Approach and Self-Massage to Help Alleviate Migraine</i> .	4/13/19
• Mini-sessions (30 min) for attendees: migraine self-care education and bodywork	4/12-4/14/19
Marlene Meyerson JCC Manhattan, New York, NY. <i>Healing Your Headaches</i> , workshops	1/01/19, 2/25/19
The Embodiment Conference, online, international. <i>The Somatic Art of Healing Headaches Migraine, and Chronic Pain</i> .	11/18/18
Athleta Upper East Side, New York, NY. <i>The Whole Body: Food + You</i> , panelist.	10/25/18
Office of Assembly Member Rebecca A. Seawright, New York, NY. <i>Headache & Migraine Relief and Prevention Workshop</i> .	6/14/18
Athleta Studio, Flatiron, New York, NY. <i>Meet the Author Event with Jan Mundo</i>	6/12/18
Studio 55C, New York, NY. <i>The Headache Healer's Handbook</i> , reading, signing, launch party.	5/22/18
Athleta Studio, Flatiron, New York, NY. <i>Headache-Free Holidays</i> .	11/13/17, 12/16/17
East-West Yoga, New York, NY.	2007
Moving Body Resources, New York, NY.	2007
Barnes & Noble, Berkeley, CA. <i>Being Human at Work</i> , authors' panel presenter; moderator.	2003
Elephant Pharmacy, Berkeley, CA.	2002-2003
East Bay Headache Support Group, Muir Hospital, Walnut Creek, CA.	1997, 2003
UCSF School of Medicine, Lunchtime Lectures, San Francisco, CA.	Sep 2002, Nov 2003
CA Pacific Medical Center, Community Health Resource Center, San Francisco, CA.	1998, 2000
KLA-Tencor, Brownbag Lunch Lectures, Milpitas, CA. <i>Headaches in the Workplace</i>	2002
Hewlett-Packard, Santa Clara, CA.	1998
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, CA.	1994, Apr, Oct 1995

Headache Programs for Professionals: Trainings, Lectures, and Workshops

Mundo Method Hands-on-Headache Professional Training, New York, NY. 2 days (15 hrs)	2017
Mundo Method Hands-on-Headache Professional Training, New York, NY. 4 days (30 hrs)	2015
Mundo Method Teleclass, New York, NY. 6-week teleclass (12 hrs)	2009
Headache Coach Professional Training Program, Dingmans Ferry, PA. 1 yr (100 hrs)	2006-2007
Body Therapy Institute, Cary, NC. 3-day CE course	2007
US Association of Body Psychotherapy Annual Conference, Tucson, AZ. 1-day workshop	2005
Kaiser Permanente, Richmond, CA. Hospital Grand Rounds	2004

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Headache Healing Center, Berkeley, CA. 5 days	2004
Association of Humanistic Psychology Conference, San Bernardino, CA; CSUN. Workshops	1999, 2003
Cal State University SF, Holistic Health 690, San Francisco, CA. Guest lecture	2002
International Headache Congress, New York, NY. Poster session	2001
UCSF Pain Clinical Research Center, Pain Interest Group, San Francisco, CA	2001
University of the Pacific School of Dentistry, San Francisco, CA. Lecture	2000
American College of Traditional Chinese Medicine, San Francisco, CA. Guest lecture	1999
UCSF Mt. Zion Pain Management Center, San Francisco, CA. Lecture	1998

Health Educator | Speaker

Somatic Awareness, Stress Reduction, Meditation, Couples and Self-Massage, Qi Gong

Embodiment Circle NY, New York, NY. <i>Somatics and Centering Mini-Class</i>	2/10/19
Athleta Studio, Flatiron, New York, NY. <i>Centering in the City Workshop</i>	1/18/18
NYU School of Professional Studies, Coaching Master Class, New York, NY. Lecture	2006
East-West Yoga, New York, NY. Workshop	2007
UC Berkeley Career Day, Integrative Medicine Panel, Berkeley, CA. Panelist	2004
UCSF Medical School Integrative Medicine Forum, San Francisco, CA. Workshops	2000-2004
UC Berkeley Integrative Medicine Conference, Berkeley, CA.	2002-2004
John Muir/Mt. Diablo Health System, Women's Health Center, Walnut Creek, CA.	2003
Nat'l Center of Excellence in Women's Health, Embracing Menopause Symposium, UCSF.	2002
UCSF Medical Center, Passport to Women's Health Conference. Body Image panel moderator and presenter, San Francisco, CA.	2002
UCSF Mt. Zion, Lunchtime Lectures, San Francisco, CA. Employee talk	2002
Horizon Services, Corp., East Bay, CA. Half-day staff program	2002
Eden Medical Center Wellness, CA. Workshops Apr & May	2002
One Body, Emeryville, CA. Employee seminar	2002
Joie de Vivre Corp., San Francisco, CA. Staff seminar	2001
Mundo Lifework, Berkeley, CA. Somatic Awareness Workshop II, 6-month course	2001
Mundo Lifework, Rosen Method Center, Berkeley. Somatic Awareness, (2) 6-week courses	2000-2001
Hill Physicians Medical Group, CA. Class series at Bay Area medical centers, including: John Muir, Mt. Diablo, Eden, St. Francis, St. Mary's, San Ramon; community & senior centers including SF YMCA.	1996-2001
Strategic Decisions Group, Palo Alto, CA. Employee seminar	1998
National Semiconductor, San Mateo, CA. Employee seminar	1998

PUBLISHED WORK

Books

- THE HEADACHE HEALER'S HANDBOOK: A Holistic, Hands-On Somatic Self-Care Program for Headache and Migraine Relief and Prevention.* New World Library. May 15, 2018.
- "Conquering Chronic Headaches: Somatic Self-Care for Transforming Pain." *Being Human at Work.* Edited by Richard Strozzi-Heckler. North Atlantic, 2003. Chapter 20, 211-224.
- "Miguel and Rena's Births." *Spiritual Midwifery.* 4th ed. Ina May Gaskin. Book Publishing Company, 2002. 139-140.
- "Miguel Ari." *Spiritual Midwifery.* 1st and revised editions. Ina May Gaskin. Book Publishing Company, 1977. 102, 135.

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Contributing Editor. *The Farm Vegetarian Cookbook*. Ed. Louise Hagler. Book Publishing Company, 1976.

Feature Articles | Peer-reviewed Journal

[“The Mind-Body Connection: An interview with Jan Mundo, CMSC, CMT,”](#) *My Chronic Brain*, Vol 2 Ed 1, Jan 2020: 37-43.

[“Do Your Clients Know Massage Can Relieve and Prevent Headaches?”](#) *Massage Magazine*. Oct 1, 2019.

“What’s the Verdict on Caffeine and Migraine?” *Migraine Again*. An excerpt from *THE HEADACHE HEALER’S HANDBOOK*, by Jan Mundo, April 19, 2019.

<https://migraineagain.com/caffeine-and-migraine/>

“How to Start Meditating: A Step by Step Guide,” *Migraine Again*. An excerpt from *THE HEADACHE HEALER’S HANDBOOK*, by Jan Mundo, April 10, 2019.

<https://migraineagain.com/how-to-start-meditating/>

“Feeling Stuck? How to Invoke the Mind of a Headache Warrior,” *Migraine Again*. An excerpt from *THE HEADACHE HEALER’S HANDBOOK*, by Jan Mundo, March 14, 2019.

<https://migraineagain.com/invoke-mind-of-headache-warrior/>

“Is Your Posture Triggering Headaches? How to Fix It,” *Migraine Again*. An excerpt from *THE HEADACHE HEALER’S HANDBOOK*, by Jan Mundo, March 6, 2019.

<https://migraineagain.com/is-your-posture-triggering-headaches/>

“How to Create a Meditation Practice and Experience More Peace,” *Massage Magazine*. Book excerpt from *THE HEADACHE HEALER’S HANDBOOK*, by Jan Mundo, June 2018

“When It Comes to Solving Headaches, Everything Counts,” *New World Library Unshelved*, Website, May 24, 2018.

[“Help for Migraines: A Somatic Approach,”](#) *Massage Magazine*, March 2017.

[“What Do Migraines Feel Like to the Touch?”](#) *Massage Magazine*, March 2017.

[“Hands On Therapy for Relief from Headaches.”](#) *Massage Magazine* Apr/May 2007: 66-74.

“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. Jan 2006.

“Handling Headaches: A Specialist’s Self-Care Program.” *Massage & Bodywork Magazine* Jun/Jul 2004: 66-74.

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

“Headaches as a Somatic Experience.” *Lomi Somatics Forum* [Santa Rosa, CA] Oct 1997.

“The Mundo Method: Therapeutic Hands-On Headache and Migraine Relief.” White paper, self-published. 1993-2015.

MEDIA

Television | Radio | Podcasts | Webcasts | Print | Film

New Thinking Allowed with host Jeffrey Mishlove, [“How to Heal Headaches and Migraines”](#) with Jan Mundo. 10/07/19

The Embodiment Podcast with host Mark Walsh, Episode 152 “Healing Headaches with Jan Mundo.” 4/03/19

Express Yourself! with hosts Katie Choo and Joven Hundal, [“Healing Headaches,”](#) On VoiceAmerica Kids Network. 7/17/18

Get Over It! Podcast with host Monique Chapman, “Migraines No More.” 6/28/18

Path 11 Podcast with April Horner, [“The Headache Healer’s Handbook with Jan Mundo.”](#) 6/25/18

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<u>Moments with Marianne Radio Show</u> with host Marianne Pestana.	6/24/18
The Donna Seebo Show on Delphi International Radio.	6/21/18
Life is Meant to be Good radio show with host Reverend George Whitton.	6/15/18
Synchronicity Radio Show with host Marie Benard, " Headache Relief ," Ontario, Canada.	6/11/18
Video Intro to THE HEADACHE HEALER'S HANDBOOK, (:49 sec) Producer: New World Library.	6/05/18
"Fabulous Summer Reads," by Bonnie Kogos, syndicated column in The Sudbury Star, Sudbury, Ontario, Canada.	6/03/18
The Good Intentions Show with host Tim Ray, " Finally How to Heal Your Own Headache ,"	5/24/18
Just One More Podcast! with host Joanna Shaw Flamm & Daphnie Yang, "Healing Headaches with Jan Mundo," Episode #129 on Apple Podcasts https://apple.co/2AP5BIC and Google Play http://bit.ly/2VqLqUK .	5/21/18
Video Intro to THE HEADACHE HEALER'S HANDBOOK, (5:26 min) Producer: New World Library.	5/08/18
MNN-TV, <i>Coach World TV</i> , host Laurie Lawson, "Healing Headaches." NYC.	4/23/12
MNN-TV, <i>Beyond the Shadows</i> , host Susan Finelli, "Headache Healing Road." NYC.	1/18/11
Pacifica-TV, <i>Pulse</i> , "Stop Your Headaches Now!" CA.	1998
KQED-FM (NPR), <i>Family Talk with Ren Vera</i> , "Headache Healing," San Francisco.	1995

EDUCATION AND CREDENTIALS

Professional Certifications

Master Somatic Coach, 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, Education, and Conferences

NCCIH at 20: A Catalyst for Integrative Health Research, NIH, Bethesda, MD & Livestream	9/23/19
American Headache Society: Annual Scientific Meeting: Philadelphia 2019, NYC 2001 (IHC), Boston 1999, SF 1998.	1998-2019
Scientific conference for neurologists, medical professionals, and researchers	
Migraine World Summit, Live Conference Opening Night, UCLA, Los Angeles, CA	3/19/19
Strozzi Institute, Petaluma, CA. with Richard Strozzi Heckler, PhD, Founder, Instructor,	1996-2005
Somatic Coach Training Program 5.5-year embodied leadership trainings (836 hrs)	1996-2001
Somatic Bodywork two 5-day trainings with Richard Strozzi Heckler	1998-99
2 years supervision sessions with Denise Benson, MFT, and Staci Haines	1998-99
Women's School of Embodied Leadership 7-day course with Richard Strozzi Heckler	2001
Horses & Leadership workshops, private sessions with horses to develop leadership	2002
Somatic Coaching Intensives I, II, and III 3-day coaching workshops (14 hrs each)	2001, 2002
Annual Somatic Coaching Conference 3-day conferences	2001, 2002, 2003
Edges Alliance: Edges Conference of professional coaches, Point Reyes Station, CA. 4 days	2004
Generative Somatics: Somatics and Trauma, San Francisco, CA. 10-mo training w/ Staci Haines	2002
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	
Tamalpa Institute: Expressive Arts Therapy, San Rafael, CA. 3-day training	1999
Healing Touch International: Healing Touch Level I, Sebastopol, CA. 3-day training	1999
Green Gulch Farm Zen Center: Sensory Awareness with Charlotte Selver, CA. 3-day workshop	1999

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CoreText Seminars: Stress and Disease with Robert Sapolsky, PhD, CA. 1-day CE seminar	1997
Esalen Institute: Molecules of Emotion w/ Candace Pert, Don Hanlon Johnson, CA. 3-day workshop	1997
CA Institute for Integrative Studies (CIIS): Core Shamanism with Sandra Ingerman and Michael Harner, CA. Four 3-day workshops	1995-1997
The Hendricks Institute: Body-Centered Transformation (1992, 1993); Conscious Relationship Transformation (1994), CA and CO, four 7-day professional training programs (200 hrs total)	1992-1994
Nurse Healers Professional Associates Conference, Sacramento, CA. 3-day conference	1993
Intuitive Development Workshops with Ann and Jim Armstrong, Aptos, CA.	1993
National Institutes of Health, Office of Alternative Medicine Clinical Research Training & 1st Annual Conference, San Francisco & Bethesda. For alternative medicine practitioners, researchers	1993
Intuitive Development & Energy Work with Kate McGovern, CA. Prof. training, workshops	1992-1998
ISSSEEM (International Society for the Study of Subtle Energy and Energy Medicine) Annual Conference, Monterey, CA. 1993; Boulder, CO, 1995. 4-day prof conferences	1993, 1995
Breathwork Workshop with Mitchell May, Santa Monica, CA. 2-day workshop	1992
University of Chicago School of Medicine: Practicing Physician's Approach to the Difficult Headache Patient, Palm Springs, CA. MD CE course	1992
Qi Gong with Joe Lopez, Santa Monica, CA. weekly class	1992-1993
Massage School of Santa Monica, CA: Swedish Massage Therapy (150-hour professional training: Swedish Massage, reflexology, physiology, anatomy, CPR); Advanced: Pregnancy Massage; Connective Tissue Integration	1992

Education | Continuing Education

UCSF Extension, "Developmental Psychology," semester	2002
UCLA Extension, "Creative Writing," "Documentary Film Production"	1998, 1999
UC Berkeley, undergraduate, English, Art	
California State University Northridge, undergraduate, Theater Arts, English	