

Collaborative Approaches to Managing Mental Health Through Mindfulness and Spiritual Perspective

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Intuitive Mental Health

Optical Illusion

- You've probably seen this optical illusion
- Shift in interpretation - old woman or young woman



Resources

Resources

Pain Reprocessing Therapy

- “The Way Out: A Revolutionary, Scientifically Proven Approach to Healing Chronic Pain” by Alan Gordon - <https://www.amazon.com/Way-Out-Revolutionary-Scientifically-Approach/dp/059308683X>
- ["Unlearn Your Pain"](#) by Howard Schubiner - Literally guides a patient through PRT
- Pain Reprocessing Therapy - <https://www.painreprocessingtherapy.com/>
 - [Find a therapist near you](#)
 - Learning Resources: <https://www.painreprocessingtherapy.com/learning-resources>

Mindfulness Resources

- Apps: Curable - <https://www.curablehealth.com/clara>
- Podcasts: “Like Mind, Like Body” and “Tell Me About Your Pain”
 - Listen to recovery stories, interviews and understand emerging science
- Films: <https://www.thismighthurtfilm.com/> and <https://painbrainfilm.com/>
- Books: "Full Catastrophe Living" by Jon Kabat-Zinn - <https://a.co/d/0hQJ42y>
- Online MBSR programs: Palouse Mindfulness - <https://palousemindfulness.com/>