

**Jan Mundo, CMSC, CMT, RSME**  
Headaches • Migraines • Somatic Coaching • Bodywork  
[theheadachecoach.com](http://theheadachecoach.com) • [jan@theheadachecoach.com](mailto:jan@theheadachecoach.com) • 212.991.8611

## INTRODUCTION

Jan Mundo is a mind-body practitioner specializing in somatic coaching, bodywork, and self-transformation for headaches, migraines, stress, tension, pain, and trauma.

She has relieved thousands of headaches and migraines with the Mundo Method and teaches her natural relief and prevention program in private session and to groups at medical and community centers, universities, conferences, and corporations.

A study of 78 migraine patients who completed the Mundo Program showed 41 percent decrease in their migraine frequency and 52 percent reduction in relief medication use. These findings, published in *Journal Cephalalgia*, were presented in poster session at the 2001 International Headache Congress in New York City.

Mundo is a certified: Master Somatic Coach and Bodyworker (Strozzi Institute), Body-centered Therapist (Hendricks Institute), Massage Therapist (Massage School of Santa Monica), and energy work practitioner (McGovern). She is a Registered Somatic Movement Educator (ISMETA) and trained in Somatics and Trauma (generation5). She was an undergrad at California State University, Northridge, and UC Berkeley.

Mundo's book, *THE HEADACHE HEALER'S HANDBOOK*, is forthcoming from New World Library (May 2018), and her articles "Help for Migraines: A Somatic Approach" and "What Do Migraines Feel Like to the Touch?" were recently featured in *Massage Magazine* (March 2017). Her writing is published in magazines and anthologies, including the classic *Spiritual Midwifery*, and she was contributing editor of *The Farm Vegetarian Cookbook*. Her life journey is profiled in the 2013 documentary feature *American Commune*.

## PROFESSIONAL EXPERIENCE

### **Private Practice**

Somatic and headache coaching, bodywork, breathmovement, breathing, and bodywork  
New York, NY. 2005-ongoing  
Berkeley, CA. 1994-2005  
Santa Monica, CA. 1992-93

### **Associate**

Strozzi Institute, Petaluma, CA. Somatic Coach and Bodyworker, 1998-2017

### **Staff**

Osher Center for Integrative Medicine, UCSF Medical School, San Francisco, CA. Integrative Medicine Specialist, 2002-03  
Integrative Center for Culture and Healing, St. Luke's Medical Center, San Francisco, CA.  
Certified Massage Therapist, Chronic Pain Specialist, 2001  
Sports Club/LA, West Los Angeles, CA. Massage Therapist, 1992-93  
Women's Health Club, West Los Angeles, CA. Massage Therapist, 1992-93

### **Headache Programs for Patients**

NY Headache Center, New York. NY. 2011  
UCSF Osher Center for Integrative Medicine, San Francisco, CA. 2002-03

## **Jan Mundo, CMSC, CMT, RSME**

Headaches • Migraines • Somatic Coaching • Bodywork  
[theheadachecoach.com](http://theheadachecoach.com) • [jan@theheadachecoach.com](mailto:jan@theheadachecoach.com) • 212.991.8611

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 (eleven 4- and 5-week 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: Mind-body Headache Care**

East-West Yoga, New York, NY. 2007  
Moving Body Resources, New York, NY. 2007  
Barnes & Noble, Berkeley, CA. *Being Human at Work*, authors' panel and moderator 2003  
Elephant Pharmacy, Berkeley, CA. 2002-03  
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. Headaches in the Workplace 2002  
Hewlett-Packard, Santa Clara, CA. 1998  
Apple Computer, sponsored by PacifiCare, Elk Grove, CA. 1997  
Health Medicine Forum 1st Annual Symposium, Leshner 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. 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) 2006-07  
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  
Headache Healing Center, Berkeley, CA. 5 days 2004  
Association of Humanistic Psychology Conference, San Bernardino, CA. 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

## Jan Mundo, CMSC, CMT, RSME

Headaches • Migraines • Somatic Coaching • Bodywork  
[theheadachecoach.com](http://theheadachecoach.com) • [jan@theheadachecoach.com](mailto:jan@theheadachecoach.com) • 212.991.8611

### Health Educator | Speaker

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

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. 2002-04  
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 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 2000-01  
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; and community & senior centers 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*. New World Library, 2018.  
"Conquering Chronic Headaches: Somatic Self-Care for Transforming Pain." *Being Human at Work*. Ed. 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, rev. eds. Ina May Gaskin. Book Publishing Company, 1977. 102, 135.  
Contributing Editor. *The Farm Vegetarian Cookbook*. Ed. Louise Hagler. Book Publishing Company, 1976.

#### Feature Articles | Peer-reviewed Journal

"Help for Migraines: A Somatic Approach," *Massage Magazine*, March 2017.  
<https://www.massagemag.com/help-for-migraines-somatic-approach-44059/?redirect=true>  
"What Do Migraines Feel Like to the Touch?," *Massage Magazine*, March 2017.  
<https://www.massagemag.com/migraines-feel-like-touch-43885/>  
"Hands On Therapy for Relief from Headaches." *Massage Magazine* Apr/May 2007: 66-74.

## **Jan Mundo, CMSC, CMT, RSME**

Headaches • Migraines • Somatic Coaching • Bodywork  
[theheadachecoach.com](http://theheadachecoach.com) • [jan@theheadachecoach.com](mailto:jan@theheadachecoach.com) • 212.991.8611

- “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**

- MNN-TV, *Coach World TV*, host Laurie Lawson, “Healing Headaches.” NYC. Guest, 4/23/12
- MNN-TV, *Beyond the Shadows*, host Susan Finelli, “Headache Healing Road.” NYC. Guest, 1/18/11
- Pacifica-TV, *Pulse*, “Stop Your Headaches Now!” CA. Guest, 1998
- KQED-FM (NPR), *Family Talk with Ren Vera*, “Headache Healing,” San Francisco. Guest, 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**

- 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 1998-99
- 2 years supervision sessions with Denise Benson and Staci Haines 1998-99
- Women’s School of Embodied Leadership 7-day course 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
- American Headache Society: Annual Scientific Meetings, SF 1998, Boston 1999, NYC 2001
- Scientific conference for neurologists, medical professionals, and researchers
- 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

**Jan Mundo, CMSC, CMT, RSME**

Headaches • Migraines • Somatic Coaching • Bodywork  
[theheadachecoach.com](http://theheadachecoach.com) • [jan@theheadachecoach.com](mailto:jan@theheadachecoach.com) • 212.991.8611

Green Gulch Farm Zen Center: Sensory Awareness with Charlotte Selver, CA. 3-day workshop 1999  
CoreText Seminars: Stress and Disease with Robert Sapolsky, PhD, CA. 1-day CE seminar 1997  
Esalen Institute: Molecules of Emotion with Candace Pert and 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 1995-97  
The Hendricks Institute: Body-Centered Transformation (1992, 1993); Conscious Relationship Transformation (1994), CA and CO, four 7-day professional training programs (200 hrs total)  
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 and 1st Annual Conference, San Francisco & Bethesda. For alternative medicine practitioners, researchers 1993  
Intuitive Development & Energy Work with Kate McGovern, CA. Prof. training, workshops 1992-98  
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, 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 1992-93  
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, "Developmental Psychology," semester 2002  
UC Berkeley, undergraduate, English, Art 1967-69  
California State University Northridge, undergraduate, Theater Arts, English 1965-67