

# Jan Mundo

CMSC, CMT, RSMT

jan@theheadachecoach.com  
www.theheadachecoach.com  
The Headache Healer's Handbook  
(212) 991-8611

*Headache Coach and Bodyworker, specializing in hands-on somatic self-care therapies and education for headache, migraine, chronic pain, stress, tension, and trauma. Somatic = mind, body, emotions & spirit. Certified Master Somatic Coach, helping clients live vibrant, healthy lives through transformational healing arts practices.*

## HOLISTIC DEVELOPER

### Mundo Method Hands-on Headache Acute Therapy

*Since 1970*

### The Mundo Program: Somatic Self-Care for Headache and Migraine

*Founded 1992*

## PATIENT & EMPLOYEE COURSES

NY Headache Center  
UCSF Osher Center  
Kaiser Permanente  
Hill Physicians Medical  
Stanford U  
UC Berkeley



## PRACTICE EXPERIENCE

### Somatic & Headache Coaching & Bodywork, Private Practice

*Oakland, CA 2019-present • Online Worldwide*

*New York, NY 2005-2018 • Berkeley, CA 1994-2005 • Santa Monica, CA 1992-1993*

- Individual coaching and bodywork sessions in holistic, hands-on somatic self-care for headache, migraine, stress, tension, chronic pain, and trauma
- Migraine relief since 1970 with Mundo Method hands-on headache protocol

### Associate and On-Staff Positions

*Los Angeles • San Francisco Bay Area*

- Strozzi Institute, Petaluma, CA. Associate. Somatic Coach, bodyworker & mentor for coaching students, 1998-2017
- Osher Center for Integrative Medicine, UCSF Medical School, San Francisco, CA. Integrative Medicine Specialist, 2002-2003
- Integrative Center for Culture & Healing, St. Luke's Medical Center, San Francisco, CA. Certified Massage Therapist, Chronic Pain Specialist, 2001
- Sports Club LA, West Los Angeles, CA. Staff Certified Massage Therapist, 1993

### Programs for Patients & Employees

#### Holistic Self-Care for Headache and Migraine

*Instructor/Designer, class series held at medical centers, universities & corporations*

- NY Headache Center, New York, NY. (6 wks) 2011
- UCSF Osher Center for Integrative Medicine, San Francisco, CA. (6 wks) 2002-03
- Lockheed Martin Employee Connection, Sunnyvale, CA. (6 wks) 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-wk programs) 1996-2001
- Hewlett-Packard Company, Santa Clara, CA. (4 wks) 1998
- Kaiser Permanente, Oakland & Park Shadelands, CA. (eleven 4-/ 5-wk programs) 1995-97
- Institute for Health & Healing, CA Pacific Medical Ctr, SF, CA. (two 6-wk programs) 1996-7
- Stanford U, Health Improvement Prog, faculty/staff, Palo Alto, CA. (6 wks) 1996
- Alta Bates Medical Center, Berkeley, CA. (4 wks) 1996
- UC Berkeley, Health\*Matters, faculty/staff, Berkeley, CA. (4 wks) 1995

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## RECENT PRESENTATIONS

ISMETA Annual  
Conference  
2021

The Embodiment  
Conference  
2020

NIH HEAL Initiative  
Myofascial Pain  
Workshop  
2020

Miles for Migraine  
2019

RetreatMigraine  
2019



## CONFERENCE PRESENTATIONS

### Mind-Body Approach: Headaches, Migraine, Stress, Chronic Pain

*Workshops & talks at professional, scientific & health conferences*

- "A Somatic Journey at the Intersection of Headaches, Migraine, Myofascial Pain, and Awareness." *International Somatic Movement and Education Therapy Association (ISMETA) Annual Conference | Engaging Embodiment*, Live online, Mar 2021
- "A Somatic Exploration of Headaches, Migraine, and Myofascial Pain." *The Embodiment Conference*, Live online, International conference,, Oct 2020
- "Targeted Transcranial Touch Therapy for Migraine." *NIH HEAL Initiative: Myofascial Pain Workshop*, Bethesda, MD, Live online, Panel presentation, Sep 2020
- "Hands-On Somatic Self-Care for Headaches, Migraine, and Myofascial Pain" *The Embodiment Conference Self-Care Weekend*, Live online, Sep 2020
- "Mindfulness Meditation for Migraine." *Miles for Migraine 2019 Education Day*, NYU Langone Health Center, NYC, Dec 2019
- "Holistic Approach & Self-Massage to Help Alleviate Migraine" & "Headache Coaching 30-min Mini-Sessions." *RetreatMigraine Conference*, San Antonio, TX, Apr 2019
- "The Somatic Art of Healing Headaches, Migraine, and Chronic Pain." *The Embodiment Conference*, Live online, Nov 2018
- "The Intersection of Chronic Pain, Headaches, and Somatics." *U.S. Association for Body Psychotherapy Annual Conference*, Tucson, AZ, Pre-Conference 1-day Professional Training, Jun 2005
- "The Cost-Effectiveness of a Prophylactic Migraine Programme as Contrasted to Pharmacological Migraine Treatment." *2001 International Headache Congress (IHC2001)*, NYC, Scientific Meeting, Poster Session, Jun 2001
- "A Somatic Approach to Headaches and Chronic Pain." *Association of Humanistic Psychology Conference*, San Bernardino, CA, 1999; Cal State University, Northridge, Workshops, 2003
- "Somatic Awareness." *UCSF Medical School Integrative Medicine Forum*, San Francisco, CA, Conference/workshops for medical students, 2000, 2001, 2002, 2003, 2004
- "Somatic Awareness." *UC Berkeley Integrative Medicine Conf.*, Berkeley, CA, 2002-2004
- "Stress Reduction for Menopause." *Embracing Menopause Symposium*, National Center of Excellence in Women's Health, UCSF, San Francisco, CA, 2002
- "Healing the Body Image." *Passport to Women's Health Conference*, UCSF Medical Center, San Francisco, A, Moderator/Presenter, 2002
- "Hands-on Headache Therapy." *Health Medicine Forum 1st Annual Symposium*, Leshner Arts Center, Walnut Creek, CA, 1997

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## RECENT MINI- WORKSHOP-TALKS

LinkedIn Headquarters  
NYC, 2019

Marlene Meyerson  
JCC Manhattan  
NYC, 2019

Athleta, NYC  
NYC, 2018

## LEGACY TALKS

Barnes & Noble  
UCSF Medical School  
Hewlett-Packard  
Apple



## INVITED TALKS

### Holistic Headache Self-Care & Mind-Body Stress Reduction

*Mini-workshop-talks for members, employees, staff, and the public — at medical, wellness, and community centers; universities; and corporations*

- "Hands-On Headache Relief and Prevention." LinkedIn HQ, employees, NYC, Jul 2019
- "Healing Your Headaches." Marlene Meyerson JCC, NYC, public, Jan & Feb 2019
- "The Whole Body: Food + You." Athleta Upper East Side, NYC, panelist, Oct 2018
- "Headache Healing Practices." *Create Ground: Reiki as An Integrative Approach to Cancer*, Reiki Essence Healing Arts, NYC, patiOct 2018
- "Headache & Migraine Relief and Prevention Workshop." Office of Assembly Member Rebecca A. Seawright, NYC, constituents, Jun 2018
- "Meet the Author Event with Jan Mundo." Athleta Studio, Flatiron, NYC, book reading & signing, public, Jun 2018
- "The Headache Healer's Handbook Launch Party." Studio 55C, NYC, book reading & signing, May 2018
- "Headache-Free Holidays." Athleta Studio, Flatiron, NYC, members, Nov & Dec 2017
- "Holistic Headache Relief and Prevention." Hospital Grand Rounds, Kaiser Permanente, Richmond, CA, physicians, 2004
- "Being Human at Work: Meet the Authors." Barnes & Noble, Berkeley, CA, book panel moderator/speaker, 2003
- "Why Headaches Are Like Cats." East Bay Headache Support Group, Muir Hospital, Walnut Creek, CA, headache patients, 1997, 2003
- "Mind-Body Stress Reduction." Lunchtime Lectures, UCSF School of Medicine, San Francisco, CA, employees, Sep 2002, Nov 2003
- "Holistic Headache Relief and Prevention." CA Pacific Medical Center, Community Health Resource Center, San Francisco, CA, community, 1998, 2000
- "10 Practices for Building Bodily Ease." Brownbag Lunch Lectures, KLA-Tencor, Milpitas, CA, employees, 2002
- "Headaches in the Workplace." Hewlett-Packard, Santa Clara, CA, employees, 1998
- Apple Computer, sponsored by PacifiCare, Elk Grove, CA, employees, 1997
- Institute of Healing Arts & Sciences, UCSF, San Francisco, CA, public, 1996
- Seton Medical Center, Daly City, CA, public, 1996
- Institute for Health & Healing, Planetree Health Library, San Francisco, CA, public, 1996
- Pacific Bell Employee Assistance Program, San Ramon, CA, employees, 1996
- UC Berkeley, Health\*Matters, Berkeley, CA, faculty/staff, 1995

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## SOMATIC APPROACH TO SELF-CARE

Programs held at  
medical, wellness,  
community & senior  
centers; universities; and  
corporations

## PROFESSIONAL TRAINING

Headache Coach and  
Mundo Method  
Professional Training &  
Mentorship



## SOMATIC AWARENESS PROGRAMS

### Meditation, Breathing, Self-Massage, Couples Massage & Qi Gung

*Instructor/Designer, class series for patients & employees, held at medical & wellness centers, universities & corporations*

- "Somatics and Centering." *Embodiment Circle*, Studio 55C, NYC, workshop, Feb 2019
- "Centering in the City." Athleta Studio, Flatiron, NYC, workshop, Jan 2018
- "Somatic Coaching Master Class." NYU School/Prof Studies, NYC, 2006
- UC Berkeley Career Day, Integrative Med Panel, Berkeley, CA, 2004
- UCSF Mt. Zion, Lunchtime Lectures, San Francisco, CA. employees, 2002
- "Stress Reduction." Horizon Services Corp., East Bay, CA, staff day, 2002
- "Stress Reduction," "Massage for Couples." Eden Med Center, Castro Valley, CA, 2002
- Hill Physicians Medical Group, CA. Class series at Bay Area medical centers: 1996-2001  
John Muir, Mt. Diablo, Eden, St. Francis, St. Mary's, San Ramon; community & senior centers throughout the East Bay and SF YMCA
- "Somatic Awareness Workshop II," Mundo Lifework, Berkeley, CA, 6-mo course, 2001
- "Somatic Awareness," Rosen Center, Berkeley, CA, two 6-week workshops, 2000-2001
- UCSF Mt. Zion Pain Management Center, San Francisco, CA. Lecture, 1998
- Strategic Decisions Group, Palo Alto, CA. Employee seminar, 1998

## PROFESSIONAL TRAINING PROGRAMS

### Headache Coach & Mundo Method Professional Training

*Instructor/Designer, training health, wellness & bodywork practitioners & students*

- Mundo Method Professional Training. NYC, two 4-day mentorships (60 hrs), 2015, 2017
- Mundo Method Professional Training. Teleclass, 6 wks (12 hrs), 2009
- Headache Coach Professional Training. Dingmans Ferry, PA, 1 yr (100 hrs), 2006-07
- Headache Therapy for CMT/LMTs. Body Therapy Institute, Cary, NC. 3 days, 2007
- Mundo Method Professional Training. Berkeley, CA, 5 days, 2004
- Holistic Health 690, SF State University, San Francisco, CA. Guest lecture, 2002
- Pain Interest Group, UCSF Pain Clinical Research Center, SF, CA, Guest lecture, 2001
- University of Pacific School of Dentistry, San Francisco, CA, Guest lecture, 2000
- American College of Traditional Chinese Medicine, San Francisco, CA. Lecture, 1999
- UCSF Mt. Zion Pain Management Center, San Francisco, CA. Guest lecture 1998

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## PROFESSIONAL CERTIFICATIONS

### Master Somatic Coach

*Strozzi Institute 2001*

### Body-Centered & Conscious Relationship Therapist

*The Hendricks Inst. 1993, 1994*

### Massage Therapist

*Massage School/Sta Monica 1992*

### Somatics & Trauma I

*Generative Somatics 2002*

## PROFESSIONAL SOCIETY MEMBERSHIPS

### Int'l Somatic Movement & Therapy Association

*RSMT 2016-2023*



## CREDENTIALS AND EDUCATION

### Professional Certifications & Training

#### *Somatic & Body-Centered Courses of Study 1992-2002*

- "Somatics & Trauma I." Generative Somatics, SF, CA, 10-mo training w/Staci Haines, 2002
- "Professional Biofeedback Certification Program." (50-hrs) & "Behavioral Medicine, Biofeedback, and Headaches Workshop." (24 hrs), Stens Corp. & the Biofeedback Training Institute, Marin, CA, Sep 2001. (Biofeedback protocol techniques, practical applications, clinical procedures)

#### **Certified Master Somatic Coach, 2001, Strozzi Institute, Petaluma, CA**

- "Somatic Coach Training Program." Strozzi Institute, Petaluma, CA, 1996-2001:
  1. Embodied leadership in-person training 5.5 yrs (836 hrs), Richard Strozzi-Heckler, PhD
  2. "Somatic Bodywork." Two 5-day trainings with Richard Strozzi-Heckler, 1998-99
  3. Supervision sessions, Denise Benson, MFT & Staci Haines, MA, 2 yrs, 1998-99
  4. Certification Project (mine: 100-pg book proposal) & Oral Boards
  5. "Women's School of Embodied Leadership." 7-day course, Richard Strozzi-Heckler, 2001
  6. "Horses & Leadership." Workshops, private sessions w/ horses, Ariana Mazzucchi, 2002
  7. "Somatic Coaching Intensives I, II & III" 3-day post-grad courses (14 hrs ea), 2001, 2002
  8. "Annual Somatic Coaching Conference" 3-day leadership conference, 2001, 2002, 2003

#### **Certified Body Centered Therapist, 1993, The Hendricks Institute, Ojai, CA**

#### **Certified Conscious Relationship Therapist, 1994, The Hendricks Institute, Ojai, CA**

- "Body-Centered Transformation." The Hendricks Institute, CO & CA, 1992, 1993, two 7-day professional training programs, 100 hours, with Gay & Kathlyn Hendricks, PhDs
- "Conscious Relationship Transformation." The Hendricks Institute, CO & CA, 1992, 1994, two 7-day professional training programs, 100 hrs, with Gay & Kathlyn Hendricks, PhDs

#### **Certified Massage Therapist, 1992, Massage School of Santa Monica. Santa Monica, CA**

- "Swedish Massage Therapy." Massage School of Santa Monica 150-hour professional training: Swedish Massage, reflexology, physiology, anatomy, CPR, ethics, protocols
- Advanced Courses: Pregnancy Massage, 1992; Connective Tissue Integration, 1992

### Continuing Professional Ed: Conferences & Scientific Meetings

#### *About Headaches, Pain, Healing, Somatics, and Coaching*

- NIH Pain Management Consortium, Bethesda, MD, Live May 2013, Virtual 2018, 2022
- ISMETA: Professional Pathways in Somatic Movement: Building Knowledge, Skills, and Practices, Live online. 3 days 2022. Previous years ed conferences: 2016-2022
- American Headache Society: Annual Scientific Meeting: Philadelphia 2019, NYC 2001 (IHC), Boston 1999, San Francisco 1998.
- NCCIH at 20: A Catalyst for Integrative Health Research, Live online, 2019
- Migraine World Summit, Annual International conference, Online, 2016-2022
- Edges Alliance: Edges Conference of prof. coaches, Pt Reyes Station, CA. 4 days, 2004
- Nurse Healers Professional Associates Conference, Sacramento, CA, 3-days, 1993
- National Institutes of Health, Office of Alternative Medicine Clinical Research Training & 1st Annual Conference, San Francisco & Bethesda, 1993
- ISSSEEM (Int'l Society for the Study of Subtle Energy & Energy Medicine) Annual Conference. Monterey, CA, 1993; Boulder, CO, 1995. 4-day professional conference
- University of Chicago School of Medicine: Practicing Physician's Approach to the Difficult Headache Patient, Palm Springs, CA. MD CE course, 1992



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## ADVANCED TRAINING

**Mindfulness Meditation:**  
Thich Nhat Hanh  
S.N. Goenka  
Kabat-Zinn & Santorelli  
Kornfield

**Sensory Awareness:**  
Charlotte Server

**Expressive Arts Therapy:**  
Tamalpa Instructors

**Molecules of Emotion:**  
Candace Pert &  
Don Hanlon Johnson

## EDUCATION

UC Berkeley  
Cal State U Northridge



## CONTINUING PROFESSIONAL EDUCATION

### Courses & Workshops with Leading Teachers

#### *Meditative & Healing Arts Professional Courses*

- "S.N. Goenka Meditation &Talk." Vipassana Research Institute, Scottish Rite Center, Oakland, CA, 2000
- "Expressive Arts Therapy." Tamalpa Institute, San Rafael, CA, 3-day training, 1999
- "Healing Touch Level I." Healing Touch Int'l, Sebastopol, CA, 3-day training, 1999
- "Sensory Awareness with Charlotte Selver." Green Gulch Farm Zen Center, CA, 3-day workshop, 1999
- "Thich Nhat Hanh: Day of Meditation." Spirit Rock, Woodacre, CA, 1-day, 1997
- "Stress and Disease with Robert Sapolsky, PhD." CoreText Seminars, SF, CA. 1-day CE seminar, 1997
- "Molecules of Emotion with Candace Pert & Don Hanlon Johnson." Esalen Institute, CA, 3-day workshop, 1997
- "Core Shamanism." Trainings with Sandra Ingerman & Michael Harner, CA Institute for Integrative Studies (CIIS), Marin & SF, CA. Four 3-day workshops, 1995-1997
- "Mindfulness for Health Practitioners with Jon Kabat-Zinn & Saki Santorelli." Spirit Rock, Woodacre, CA, 2-day workshop, 1995
- "Silent Meditation 5-Day Retreat" with Jack Kornfield, Spirit rock, Woodacre, CA, 1995
- "Intuitive Development." with Ann and Jim Armstrong, Aptos, CA, workshops, 1993
- "Energy Work & Intuitive Development with Kate McGovern." CA, Professional training workshops, 1992-1998
- "Breathwork Workshop" with Mitchell May, Santa Monica, CA. 2-days, 1992
- Qi Gung with Joe Lopez, Santa Monica, CA. 1.5 yrs attended weekly class, 1992-1993

## EDUCATION

### Undergraduate & Continuing Education

#### *University and University Extension Courses*

- UCSF Extension, "Developmental Psychology," semester, 2002
- UCLA Extension, "Creative Writing" (1998), "Documentary Film Production" (1999); semesters
- UC Berkeley, undergraduate, English and Art (junior/senior)
- Cal State University Northridge, Theater Arts, English (freshman/sophomore)

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PUBLISHING  
HIGHLIGHTS

Author/Illustrator,  
The Headache Healer's  
Handbook

Author / Illustrator  
New World Library, 2018

Co-Author, Migraine  
Research Study  
*Cephalalgia*, 2001 (Abstract)

Contributing Book  
Author and Editor  
*On Headaches, Childbirth & a  
Cookbook*

Magazine Articles

*HoneySuckle*  
*My Chronic Brain*  
*Migraine Again*  
*Massage*



PUBLISHED WORK

## Books

### *Author & Illustrator*

THE HEADACHE HEALER'S HANDBOOK: A Holistic, Hands-On Somatic Self-Care Program for Headache and Migraine Relief and Prevention. New World Library, 2018.

- In 25 countries, including libraries. Published In four foreign editions: Indian (English), Chinese (Complex), Italian, and Russian.

## Peer-Reviewed Journal Articles/Abstracts

### *Co-Author of research study and journal submission*

"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.

## Chapters

### *Contributing Author*

- "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 Ari." *Spiritual Midwifery*. 1st and revised editions. Ina May Gaskin. Book Publishing Company, 1977. 102, 135.
- "Miguel and Rena's Births." *Spiritual Midwifery*. 4th ed. Ina May Gaskin. Book Publishing Company, 2002. 139-140.

## Cookbook

### *Contributing Editor*

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

## Publications

### *Topics: Mind-Body-Headache, Massage, Posture, Caffeine, Pandemic*

- "Pandemic World: How My Communal Past Helps Me Cope," *HoneySuckle*, Apr 2020.
- "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.
- Excerpts from THE HEADACHE HEALER'S HANDBOOK, by Jan Mundo, NWL, 2018:
  1. "What's the Verdict on Caffeine and Migraine?" *Migraine Again*. April 19, 2019. <https://migraineagain.com/caffeine-and-migraine/>
  2. "How to Start Meditating: A Step by Step Guide," *Migraine Again*. April 10, 2019. <https://migraineagain.com/how-to-start-meditating/>
  3. "Feeling Stuck? How to Invoke the Mind of a Headache Warrior," *Migraine Again*. March 14, 2019. <https://migraineagain.com/invoke-mind-of-headache-warrior/>
  4. "Is Your Posture Triggering Headaches? How to Fix It," *Migraine Again*. March 6, 2019. <https://migraineagain.com/is-your-posture-triggering-headaches/>

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## MEDIA

Guest Interviews on  
Instagram Live,  
Webcasts, Broadcast &  
Internet Radio, and  
Podcasts



## Publications (continued)

### *Topics: Meditation and Mind-Body Headache & Migraine Self-Care*

- "How to Create a Meditation Practice and Experience More Peace," *Massage Magazine*, Jun 2018. (Excerpted from THE HEADACHE HEALER'S HANDBOOK, by Jan Mundo, New World Library, 2018.)
- "When It Comes to Headaches, Everything Counts," *New World Library Unshelved*, Website, May 24, 2018.
- "What Do Migraines Feel Like to the Touch?" *Massage Magazine*, Mar 2017.
- "Hands On Therapy for Relief from Headaches." *Massage Mag*, 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 Mundo Method: Therapeutic Hands-On Headache and Migraine Relief." White paper, self-published. 1993-2015.

## MEDIA

## Video, Radio, Podcasts, and Livestreams

### *Guest Interviews (a selection)*

- "Guarire dal Mal di Testa." La Salle della Shivaghe, Parma, Italy, Instagram Live with simultaneous live translation into Italian, Mini-workshop, Video, Mar 27, 2022.
- "Migraine." *The Resilience Series*, host Stephanie Weaver, Video, Nov 13, 2021.
- *Migraine Relief Code*, host Amelia Barrett, MD, Video, Jun 23, 2020.
- *Alchemy Sisters Podcast: Heart Over Ego Radio*, BlogTalkRadio/Podcast, Feb 24, 2020.
- "How to Heal Headaches and Migraines with Jan Mundo." *New Thinking Allowed*, host Jeffrey Mishlove, Video, Oct 7, 2019.
- "Healing Headaches with Jan Mundo, Episode 152." *The Embodiment Podcast*, host Mark Walsh, Podcast, Apr 3, 2019.
- "Healing Headaches." *Express Yourself!* with hosts Katie Choo and Joven Hundal, On VoiceAmerica Kids Network, Internet radio, Jul 17, 2018.
- "Migraines No More." *Get Over It!* with host Monique Chapman, Podcast, Jun 28, 2018.
- "The Headache Healer's Handbook with Jan Mundo." *Path 11 Podcast*, host April Horner, Podcast, Jun 25, 2018.
- *Moments w/ Marianne Radio Show*, host Marianne Pestana, Internet radio, Jun 24, 2018.
- "Headache Relief." *Synchronicity Radio Show*, host Marie Benard, Ontario, Canada, Internet Radio, Jun 11, 2018.
- "Finally How to Heal Your Own Headache." *The Good Intentions Show*, host Tim Ray, Video, May 24, 2018.
- "Healing Headaches with Jan Mundo, Episode 129." *Just One More Podcast!* with hosts Joanna Shaw Flamm & Daphnie Yang, Apple Podcasts <https://apple.co/2AP5BIC>, Google Play <http://bit.ly/2VqLqUK>, May 21, 2018.
- *THE HEADACHE HEALER'S HANDBOOK* Book Trailer (:49 sec). Producer: New World Library, Video, Jun 5, 2018.
- *THE HEADACHE HEALER'S HANDBOOK* Book Trailer (5:26 min). Producer: New World Library, Video, May 8, 2018.