

Psychotherapist Alan Gordon Featured on CBS Hit TV Show ‘The Doctors’ Explains Latest Brain Science Developments in Treating Chronic Pain

Los Angeles Psychotherapist Alan Gordon recently featured on CBS’ hit TV Show, ‘The Doctors,’ explains the brain science behind the neural pathways responsible for chronic pain experienced by millions and why his treatment methods are getting so much attention.

LOS ANGELES, CA – Casey, a 17-year old boy living with chronic pain, until now, experienced treatment methods that finally changed the quality of his life after working with Alan Gordon, a Psychotherapist based in Beverly Hills, CA. The boy had previously undergone numerous medical examinations to determine the cause of the pain. *“Casey’s had ultrasound, CT scan with and without contrast, he’s had a colonoscopy, endoscopy, MRI with contrast, and two exploratory surgeries,”* explained, Dianna, his mother. *“All the testing came back negative,”* said Dan, Casey’s father.

Despite loads of new technology and advances in medicine, the treatment available today for chronic pain has not changed very much in the past several years. However, one particular area in the treatment of chronic pain appears to be getting more and more attention. The idea that chronic pain could be the result of learned neural pathways in the brain is hard for most people to wrap their head around. *“It is very difficult for both doctors and patients to understand that pain, especially severe pain, can be caused purely by the brain,”* said Howard Schubiner, MD and Director of the Mindbody Medicine Center at Providence Hospital.

Recent studies have provided compelling evidence that chronic pain such as back pain, neck pain, fibromyalgia symptoms, repetitive strain injury, headaches, and other forms of chronic pain are frequently not the result of structural causes, but rather a psychophysiological process. Chronic pain is often the result of learned neural pathways in the brain. These same neural pathways, using a specific treatment approach, can be unlearned. *“After three years and dozens of failed treatments, I was finally able to eliminate my symptoms after learning about the neural pathway component to pain,”* exclaimed Christie Uipi, a Los Angeles-based Psychotherapist and former chronic pain sufferer.

Psychotherapist Alan Gordon of Los Angeles was recently featured on the CBS hit TV Show, ‘The Doctors’ where he had the opportunity to briefly discuss Casey’s particular situation and how he was able to help him. Gordon is the Executive Director of the *Pain Psychology Center* in Beverly Hills, CA. When asked what kind of work him and the other therapists do at the Center, Gordon replied, *“We primarily work with patients that are dealing with chronic pain. More and more studies are showing that many types of chronic pain are actually caused by neural pathways in the brain as opposed to structural problems in the body.”* Though the pain can be

addressed psychologically, this does not imply that the pain is imaginary. In fact, brain imaging studies have demonstrated that the pain is very real.



Alan Gordon, Executive Director, Pain Psychology Center, Featured on CBS Television Show *The Doctors*

Therapists at the Pain Psychology Center utilize a variety of therapy techniques in their treatment approach, including cognitive-behavioral therapy, psychodynamic therapy, intensive short-term dynamic psychotherapy (ISTDP), hypnotherapy, guided meditation, mindfulness training, and dual brain therapy. When asked if patients need to come to the Center in Beverly Hills for treatment, Gordon replied, *“If they’re local and they’d like to, yes -but it’s not required. We work with patients all over the world right over the phone or on Skype -so we don’t have any geographic limitations whatsoever.”* In addition to providing treatment, the Pain Psychology Center aims to educate the medical and psychological communities about the role of learned neural pathways in the development and treatment of chronic pain. *“There’s about 70 million people in this country with chronic pain. Probably 50 million of them don’t have to be, and 49 million of them don’t know that they don’t have to be,”* explained Gordon. Also, the directors of the Center developed the existing *Treatment Outline and Training Protocol* for the Psychophysiologic Disorders Association, and provide trainings to psychotherapists across the country.

Alan Gordon is a Psychotherapist in Los Angeles specializing in the treatment of chronic pain. He is the Executive Director of the *Pain Psychology Center* in Beverly Hills, CA. He is also an Assistant Adjunct Professor at the University of Southern California. Gordon has presented on the topic of pain treatment at conferences and trainings throughout the country and has authored publications on the treatment of chronic pain. He co-created the *Treatment Outline and Training Protocol* for the Psychophysiologic Disorders Association. He is also the author of the forthcoming book, *PAIN ELIMINATION: Reversing Neural Pathways Responsible for Chronic Pain*.

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