

Contact:
John Garrett
818.760.7635

**For Grace to Host 4th Annual Women In Pain Conference and Live Webcast:
Gender Matters - “Reframe Your Pain, Reclaim Your Life”**

The Sept. 16 conference will examine the psychology of pain and the positive side of the pain experience, and give women the tools they need to reclaim their lives

LOS ANGELES (May 11, 2011) – For Grace will host its **4th Annual Women In Pain Conference: Gender Matters – “Reframe Your Pain, Reclaim Your Life”** on Sept. 16 at the California Endowment’s Center for Healthy Communities in downtown Los Angeles and via live webcast. The conference will bring together hundreds of women in pain, their caregivers and healthcare providers along with leaders in pain research, pain management and advocacy to examine the psychology of pain and the positive side of the pain experience, and to give women the tools they need to reclaim their lives.

For complete program, registration and conference fee information, including scholarships availability, please visit forgrace.org on/after June 1st. Five Continuing Education Units (CEUs) will be available for RNs in attendance.

The conference will feature presentations and breakout sessions from many distinguished researchers, medical and wellness practitioners, and pain advocates who will focus on using positive emotions to counteract the anxiety and feelings of helplessness that can make chronic pain so devastating. Actors will read from For Grace founder and spokesperson **Cynthia Toussaint**’s pain memoir, “Battle for Grace.” Throughout the day, women in pain will share their personal stories to inspire and encourage other women in pain to improve their emotional and physical wellness.

According to the American Chronic Pain Association (ACPA), more than 80 million people in the United States suffer from pain every day. The latest research shows that women are more likely to suffer from chronic pain than men, and the pain can come more frequently and hit with greater intensity.

Dr. Beth Darnall, a Women In Pain conference keynote speaker and a leading pain psychologist and researcher at Oregon Health & Science University who conducts research on how psychology influences the immune system and inflammatory processes, says “Participants will learn about the power of the mind – and how they can use it to transcend their pain and live life to its fullest.” Dr. Darnall will present “The Positive Side of the Pain Experience” and will discuss techniques that will empower women to better manage their pain.

This year’s Women In Pain conference will also feature educational sessions focusing on:

- Breaking Through to the Other Side
- Consciousness-Management: Mindfulness Meditation & Guided Imagery
- Women In Pain Empowerment Panel – Surviving & Thriving

- Pain Advocacy
- Diet and Exercise
- Gentle Yoga
- Social Media Networking

This year’s theme, “Reframe Your Pain, Reclaim Your Life” is inspired by founder Toussaint’s personal journey to reclaim her life. A pain sufferer since the age of 21 when a minor ballet injury turned into a lifetime of chronic pain, Toussaint has been in partial remission for two years and enjoying a full life that includes swimming, singing and other activities she hasn’t done for more than 25 years.

“This conference will be a safe and nurturing environment for all women in pain. Chronic pain doesn’t have to destroy our lives. Together we can come out the other side. This event will provide the tool box to do just that,” said Toussaint.

The day-long conference will kick-off at 9:00 am on Sept. 16 and will begin with a welcome address by **Denise Dador**, KABC Health Specialist. During the morning session, **Melanie Thernstrom**, a contributing writer for the New York Times Magazine and author of “The Pain Chronicles,” will present “The Dark Side of the Pain Experience.” Later in the day, women in pain will present the “Patron of Women’s Rights” Award to **State Senator Liz Figueroa**. Toussaint and **Dana Gambill**, a chronic pain sufferer and community advocate, will conclude the conference with a photo essay and vocal performance.

Additional distinguished speakers include:

- Dr. David Bresler** – Founder, UCLA’s Pain Control Center and Director, The Bresler Center
- Dr. Marvin Belzer** – Associate Director, UCLA’s Mindfulness Awareness Research Center
- Dr. Susan Nyanzi** – Chronic Disease and Wellness Specialist/Researcher, Los Angeles County Department of Public Health – Office of Women’s Health
- Camille Dieterle** – Associate Professor, USC Clinical Occupational Therapy
- Bonnie Cardenas** – President, Cardenas & Associates Physical Therapy
- Radene Marie Cook** – Woman in pain and California Co-Leader, American Pain Foundation’s Action Network
- Cynthia Toussaint** – Founder & Spokesperson, For Grace

About For Grace

Founded in 2002, For Grace is a nationally recognized nonprofit organization whose mission is to ensure the ethical and equal treatment of all women in pain. For Grace has educated, supported and empowered thousands of women in pain through the use of public advocacy, legislative outreach, and mass media. For more information, please visit For Grace online at www.forgrace.org.

Reporters seeking to attend the 4th Annual Women In Pain conference must contact John Garrett at 818.760.7635 or jgarrett@forgrace.org.

