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**For Grace to Host 11th Annual Women In Pain Conference via Live Webcast:
“The Trauma-Pain Connection: A Path to Recovery and Growth”**

The November 17th virtual conference will break ground with this first-of-its-kind event that will explore the connection between trauma and chronic pain – and how to overcome its impact

LOS ANGELES (November 1, 2023) – For Grace will host its **11th Annual Women In Pain Conference: “The Trauma-Pain Connection: A Path to Recovery and Growth”** on November 17th via worldwide live webcast on their YouTube Channel. The groundbreaking conference will virtually bring together thousands of women in pain and their caregivers with experts in trauma and its management, as well as post-trauma advocates, to bring awareness and insight to the fact that emerging research is showing that trauma, in its myriad of expressions, can be a driver for many physical and mental illnesses, including chronic pain

For agenda and additional conference information, please visit forgrace.org.

Trauma is quickly gaining a foothold in the US as the cause of many of our societal ills, e.g., homelessness, crime, drug addiction, substance abuse, etc. That being said, it is only recently understood through emerging scientific research that trauma is now being connected to many of the chronic illnesses, both physical and mental, that impact so many. As this conference will highlight, trauma is the catalyst for a number of physiological, biological and structural changes in the body that set the stage for disease later in life.

The November 17th conference kicks off at 10am PT and will feature presentations by distinguished clinical, advocacy and wellness experts who will focus on what trauma is and what processes play out to spark illness. Additionally, trauma release techniques, strategies and methods will be explored that can mitigate much, if not all, of the negative impacts of trauma. To end the day, post-traumatic growth will be spotlighted as a process to move past trauma, leading to better quality of life and personal growth.

“It wasn’t until I learned that trauma was the driver for my pain that I got on the road to healing. I’ve done so much research now that I’m convinced most chronic pain, dare I say, most illness is rooted in trauma,” shares Cynthia Toussaint, Founder and Spokesperson at For Grace.

“By releasing much of my trauma, I’ve come to a place of better wellness, both physically and mentally. I hope this conference helps many kick-start trauma-informed growth, and that attendees incorporate trauma release as part of their pain management program.”

Trauma can be defined as a deeply disturbing or distressing experience that has a long-lasting emotional impact. It can take many forms, such as physical or emotional abuse, neglect, or witnessing violence. It can happen early in childhood, even in-utero, or later in life. Trauma can even occur generationally, meaning that an adverse event that happened decades ago can affect current health and wellness.

Science is showing that trauma can lead to chronic pain in a number of ways. First, trauma can cause changes in the brain that make it more sensitive to pain. Second, trauma can lead to physical changes in the body, such as inflammation or changes in the nervous system, which can contribute to pain. Third, trauma can lead to unhealthy coping mechanisms, such as substance abuse or social isolation, which can also contribute to pain.

Trauma release incorporates a variety of approaches that can help people heal from its effects. These approaches can be used to process traumatic memories, reduce stress and anxiety, and improve overall well-being. Many of these techniques will be explored at the conference.

Speakers and panelists include:

Audrey Stillerman, MD, Clinical Associate Professor of Family and Community Medicine, University of Illinois Chicago and Co-Founder, Center for Trauma, Health Equity and Neurobiology (THEN)

Jennifer Pierce, PhD, Research Assistant Professor, University of Michigan Back and Pain Center

Noshene Ranjbar, MD, Associate Professor of Psychiatry at the University of Arizona School of Medicine - Tucson

Mary Driscoll, PhD, Department of Psychiatry, Yale School of Medicine and Collaborator, Pain Research, Informatics, Multi-Morbidities and Education (PRIME) at VA Connecticut

Michaela Haas, PhD, Author, *Bouncing Forward: The Art and Science of Cultivating Resilience*

Stephanie Weaver, MPH, Author (*The Migraine Relief Plan Cookbook*) and Speaking Coach

Ginevra Liptan, MD, Fibromyalgia Patient and Physician

Diana Whitney, Author (*Dark Beds*), Editor and Writing Coach

Kay Lee, Adult Child of Alcoholic

Maria Socolof, Author (*The Invisible Key: Unlocking the Mystery of My Chronic Pain*) and Advocate

Heather Grace, Social Worker

Kathleen Sutherland, Writer, Baker and Spiritual Explorer

Cynthia Toussaint, Founder and Spokesperson, For Grace

Also featured during the day will be two trauma release breakouts - a Neurographic Art demonstration by award-winning artist and woman in pain **Radene Marie Cook**, as well Personal Trainer **Lori Monroe** showing how one can regulate the autonomic nervous system with movement and breath.

Spotlighted at this year's event will be stories of recovery and growth from the impact of trauma. Via powerful video vignettes, folks will share their poignant, inspiring lived experiences of overcoming trauma and chronic pain, and in the process, how they developed richer, fuller lives - many who now make the world a better place.

For Grace is once again proud to partner with **Rich Tamayo of TVPLive.com** to bring their annual conference to wellness seekers and healthcare practitioners worldwide.

About For Grace

Founded in 2002, For Grace is a worldwide recognized nonprofit organization that promotes care and wellness for women in pain. For Grace has educated, supported and empowered millions of women in pain through the use of public advocacy, legislative outreach, and mass media. For more information, please visit www.forgrace.org.

Reporters seeking to attend and/or cover the 11th Annual Women In Pain conference are advised to contact For Grace Director John Garrett at forgracewip@yahoo.com.