

Dear Doctor,

Your patient would like you to know they got better with new pain relief psychotherapy techniques. These evidence-based concepts are described on the Psychophysiologic Disorders Association website ([EndChronicPain.org](http://EndChronicPain.org)).

You probably see other patients who could benefit. We used to feel frustration with patients suffering chronic non-structural pain, medically unexplained symptoms, and functional syndromes (including fibromyalgia, irritable bowel syndrome, pelvic pain, migraines, back pain, and others). But we have since learned (and studies show) that psychosocial stress can cause these real symptoms and can be treated successfully.

You are invited to learn more. We are a 501(c)(3) non-profit corporation founded in 2009 to create the resources for clinicians at [EndChronicPain.org](http://EndChronicPain.org):

- The handout [\*How to Talk with your Patients about Psychophysiologic Disorder \(PPD\) Symptoms\*](#) can be downloaded,
- [Short videos](#)
- An insightful [questionnaire](#) for patients,
- [Links to online, print or app-based recovery programs](#),
- [Two textbooks and an online course](#),
- Regular professional [conferences](#),
- An annotated scientific [bibliography](#) with over 200 references.

Please feel free to reach out to us with any questions at [info@PPDAssociation.org](mailto:info@PPDAssociation.org).

Sincerely,

The PPD Association Board of Directors

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