



YA-LING J. LIOU, D.C.

CHIEF PAIN STRATEGIST

with

STOP EVERYDAY PAIN®

(SEP®)

CONNECT WITH DR. LIOU



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WHAT PEOPLE ARE SAYING

"She has a comprehensive mind and body approach"

- T.P. (professional athlete)

"...my own increased awareness of what my body needs is a lasting gift."

- R.R. (professional organizer)

"...her approach to care does definitely help resolve painful issues - longstanding & acute."

- J.M. (retired LMT)

TRANSFORMING PAIN-COPING ON A GLOBAL SCALE!

Dr. Liou heads operations at SEP® where the mission is to empower everyday people to be their own pain experts.

With a focus on improving pain-coping, educators, parents and healthcare providers become the change agents essential for re-conceptualizing pain-care in the developed world.

TOPICS TACKLED:

- 3 Primary triggers of pain and inflammation
- 3 Universal reactions to pain
- 5 steps to improving pain-coping
- How to create context for pain experiences

QUESTIONS TO ASK:

1. What do you mean when you say "everyday pain"?
2. How did you get interested in the topic of pain-coping?
3. Why is pain-coping important?
4. How do you suggest people start exploring ways to improve their pain-coping?
5. Walk us through the 5 steps of healthy pain-coping
6. Why does our reaction to pain matter?
7. What's wrong with wanting pain to stop?
8. What should our ultimate goal be when hoping to transform our relationship to pain?

BIOGRAPHY

Dr. Liou brings over 25 years of clinical and teaching experience to Stop Everyday Pain®. A native of Montreal, Canada, she completed her doctorate in chiropractic at New York Chiropractic College in 1994, and moved to Seattle, WA in 1998. There, she has taught at Bastyr University and Ashmead College. while independently growing and operating a thriving clinical practice.

She is dedicated to teaching people how to use today's pain-experience to transform tomorrow's pain-suffering. This work is reflected in the book series *The Everyday Pain Guide*, the podcast *Conversations About Everyday Pain* and diverse online course offerings for healthcare professionals, parents, teachers and everyday pain sufferers alike.

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