Association for the Treatment of
NEUROPLASTIC
SYMPTOMS

For My Fellow Clinicians

Dear Healthcare Professional,

Like many of you, in the past I was frustrated with patients suffering chronic non-structural pain, medically unexplained symptoms, and functional syndromes (including fibromyalgia, irritable bowel syndrome, pelvic pain, migraines, back pain, and many others). But I have since learned (and studies show) that psychosocial stress can cause these real neuroplastic symptoms and that they can be treated successfully.

The process begins with addressing skepticism by emphasizing to patients the high prevalence and real severity of pain or illness generated by the brain in the absence of injury or disease. Then I follow with assessment for current life stresses, take a history of adverse childhood experiences, and carefully rule out depression, anxiety, or post-traumatic stress. Psychosocial issues identified by this process can then be treated with new neuroplastic recovery therapies. These evidence-based concepts are described on the website of the Association for the Treatment of Neuroplastic Symptoms (www.Neuroplastic.org) and are demonstrated in practice on The Story Behind the Symptoms podcast.

You are invited to learn more. We are a 501(c)(3) non-profit corporation founded in 2011 by volunteer physicians and mental health professionals to create resources for clinicians and patients, including:

- The handout How to Talk with Your Patients about Neuroplastic Symptoms
- Short videos
- An insightful self-assessment quiz for patients

- Links to online, print, or app-based recovery programs
- Two textbooks and online courses
- Regular professional conferences
- An annotated scientific bibliography with over 200 references
- A Membership program that offers exclusive courses, monthly online Q&As with experts, and numerous pricing advantages

Please reach out to us with your questions at info@neuroplastic.org.