

GETTING MORE HELP FOR VULVODYNIA!

This page covers three areas of support that can be especially helpful for healing all types of vulvodynia and pelvic symptoms. These are: working with Medical Medium practitioners who have a high level of experience in helping people with chronic and complex conditions, pelvic PT for rehabilitating the muscles, nerves, and tissue, and counseling for emotional support, trauma healing, and stress management. All three of these can help us reach new milestones in healing and develop wisdom for our journey. I've personally utilized all three at the same time for the most support! Pelvic PT and counseling can be covered by health insurance if you have it!

I've also added a Mindful Self Compassion section at the end to support self kindness while healing.

MEDICAL MEDIUM PRACTITIONERS

The benefit of working with a Medical Medium coach / practitioner is gaining strategic, attuned support for your specific symptoms and conditions. There is so much Medical Medium healing we can do on our own, but we can also potentially save time and speed up our healing with a coach. So while coaching can be expensive, it can save you money. Because the sooner you feel better, the sooner you can simplify your protocol, lowering your expenses and allowing you to live and work with greater ease. I especially recommend a coach / practitioner if you are having difficulty making progress, have complex symptoms and overlapping conditions, or have plateaued in healing.

Sarah Bear and I are great for helping people get started with Medical Medium healing and targeting for vulvodynia, but we have limited capacity to provide individual support (Sarah is a mother, and I have a full-time therapy practice). So these are the practitioners I recommend when the group coaching doesn't feel like enough!

There is no official training for Medical Medium coaching, so practitioners / coaches have a variety of backgrounds. I have been immersed in the MM world since 2018, and I have observed and learned from a range of Medical Medium coaches. I have corresponded with many and worked with two personally. My first coach Dr. Kim Spair helped me improve my protocol, and later Amber Vizaccarro helped me target my last 20% of healing.

It is best to receive regular coaching over a longer period, at least three months, usually more like six months to a year. You can have a session every month or two ideally, and some practitioners allow for correspondence in between sessions.

I've picked the following coaches as good fits for vulvodynia healing based on my observations of them and their work. There are many other wonderful practitioners too, use your intuition!

Dr. Joy Clark, MD - Joy is an Admin in our Vulva Warrior MM Healing group! She is an OBGYN and a psychiatrist, with deep knowledge of using Medical Medium information for healing. As of November 2024, Joy had done 82 Medical Medium cleanses!

<https://healingwithjoyclark.com/>

Marcy Miller - Marcy runs the Sweet Surrender Facebook group. She's an incredibly knowledgeable and experienced Medical Medium coach and has helped many in our group.

FB group: <https://www.facebook.com/groups/526821204427447>

Coaching: <https://www.sweetsurrenderhealing.com/>

Amber Whiting - Amber is a deeply caring and highly experienced coach. She is a nurse and has E-books of great family recipes. @amber_holisticnurse_coach

<https://www.amberholisticnursecoach.com/>

Muneeza Ahmed - Muneeza has been with Anthony the longest, is regularly in touch with him, and has developed her own practitioner training course. She runs a membership group that is affordable, and run by highly trained coaches and she has group consults too.

@muneeza_medical_intuitive

<https://muneezaahmed.com/>

Dr. Kim Spair - Kim is a practitioner that I recommend especially for her Empowered Moms class. I worked with Kim for over a year and learned a lot, however she was not as effective at helping my intense vulvodynia symptoms as Amber V. @reclaimersofhealth

<https://www.reclaimersofhealth.com/>

Amber Vizaccarro - UPDATE: NO LONGER DOING COACHING, but her IG is a great help for folks healing. - Amber has completed Muneeza's practitioner course (Muneeza is a practitioner who is close to Anthony). Amber often posts about the good results she gets helping clients.

She is very organized and thorough. Amber helped me heal the last severe vaginal symptom - pelvic nerve pain! @healwithamber

<https://www.healwithamber.com/>

PELVIC PT

Pelvic PT can be a life saver for many types of vulvodynia and pelvic pain, including pain with sex, pain with sitting, nerve pain, prolapse, bladder/UTI issues, itch (including anal itch), tightness, and soreness. The more discomfort we are in, the more we compensate and tense the pelvis in ways that over time contribute to pain. Anthony William (Medical Medium) says in his physical injuries page that the nerves and muscles often need retraining.

<https://www.medicalmedium.com/blog/recovering-from-physical-injuries>

A skilled pelvic PT will help you learn to breathe to support the full movement and relaxation of the pelvis and build strength in the pelvic floor. Internal and external release work and stretching

are key to learning how to unwind tension and pain. Certain props and tools can be a great help too (cushions, wands, etc). Think of it like a vagina massage paid for by your insurance!

You want to find a good practitioner, someone you connect with, and someone willing to help you long term. If referred by your doctor, insurance usually covers a certain number of sessions, and you can take breaks and then restart. I recommend working with a pelvic PT for at least 6 months. If you meet with a provider and they only tell you to do kegels and that they can't do anything for vulvodynia - keep looking. You want to work with your posture, breath, internal and external release work, pelvic, abdominal, and sacral release, and support for thinking about sex, sitting, and any other functional V issue! I've worked with three pelvic PT's and learned from all of them. You want someone with specialized training, so use this website and search using your zip code.

<https://pelvicrehab.com/>

For international options: <https://kathewallace.com/resources/find-a-pelvic-health-therapist/>

Here is a beautiful book on HOLISTIC PELVIC PT and energetic pelvic healing by Tami Lynn Kent (who originally suggested Medical Medium for me)!

<https://www.wildfeminine.com/wild-feminine-book/>

And, wonderful YOGA for the pelvic floor, belly breathing, hip opening, and sacral release (it's not just for fertility). This yoga teacher, Lynn Jensen is an acquaintance of mine:

<https://vimeo.com/ondemand/yogafertility?autoplay=1>

COUNSELING

Dealing with chronic pain and illness is incredibly stressful and hard to talk about. Counseling can provide us with consistent emotional support through the ups and downs and help us learn to be kind to ourselves. In counseling we can explore emotional factors contributing to our pain such as underlying trauma, difficulty with boundaries and communication, and challenges managing stress. Adrenaline is the #1 food of viruses per Medical Medium, so it is important to be serious about learning to reduce and manage stress. I am a therapist myself, and highly recommend regular long term counseling to assist healing.

It can be hard to find the right kind of provider. I am a fan of psychodynamic (relationship-based) counseling with mentor-like (sometimes older) providers, who have an awareness of somatic (body-based) approaches.

In the United States, I recommend using search engines like: Psychology Today, Goodtherapy, Therapyden and Zencare to search for providers filtering for zip code, insurance, gender, and availability. These days most therapists are doing telehealth, so you will have more options for finding someone within your state (rather than just your town).

Along with filtering for the above, I recommend looking for providers who are psychodynamic (relationship-based) and somatic (experience with body-based therapies). Use your intuition to

feel - does this person seem like they could offer you wisdom? Do you connect with the way they write, their picture?

When you reach out to a provider, make it a personal note - let them know why you are drawn to work with them. This really helps providers prioritize you, since they know it matters to you to work with them or someone like them. You can ask if they have a waitlist (a month or two isn't too long to wait), or a referral of someone they know with a similar specialty.

- Feel free to reach out to me about your experience accessing these supports!

MINDFUL SELF COMPASSION - LEARN ABOUT SELF KINDNESS

Are you kind to yourself on your healing journey? What is your inner dialogue like? Do you tend to see yourself as alone in your suffering? Are you aware when you are in pain?

Having a compassionate relationship with yourself can deeply support your healing journey.

Learn more about how to develop mindful self compassion:

<https://self-compassion.org/videos/>

<https://self-compassion.org/the-three-elements-of-self-compassion-2/>

Try out this quiz to see how self compassionate you are, and from there you can grow this skill!

<https://self-compassion.org/test-how-self-compassionate-you-are/>

See these guided exercises and meditations for building self-kindness.

<https://self-compassion.org/self-compassion-practices/>