

Our Expert Coaches



Laura Haraka

Mind-Body Coach, Somatic Practitioner & Breathwork Facilitator

As a former high school math teacher and proud mother of two teenage girls, I understand the importance of leading a healthy and fulfilling life. However, my journey towards wellness wasn't always easy. In 2015, I was suddenly struck with a chronic pain condition that left me searching for answers for three years. It wasn't until I discovered the power of mind-body medicine that I found the relief and healing I needed.

Through my personal experience and extensive training, I have become a certified Chronic Pain Practitioner and Mind-Body Coach. I have completed the Dr. Schubiner's Freedom from Chronic Pain Practitioner Training Course and the Mindful Schools courses: Mindful Fundamentals and Mindful Educator Essentials. With a master's degree in educational administration and a background as a certified mathematics teacher, I bring a unique perspective to my practice. Additionally, as a Somatic Experiencing Practitioner and Certified Breathworker, I am equipped with a wide range of tools to help my clients on their journey towards wellness.

Mindfulness, physical activity, and spiritual practice are now an integral part of my daily routine and I am grateful for all the blessings in my life, including the medical professionals who helped me through a challenging time. My goal is to share my story and empower as many individuals as possible to find hope and joy in their own healing journey. Join me in exploring the transformative power of mind-body medicine and unlock your full potential for wellness.

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Denise Iaquinta

Mind-Body Mentor and Coach

Are you tired of living with chronic pain or symptoms that hold you back from living your life to the fullest? My name is Denise and I understand your struggles all too well. Growing up, I struggled with anxiety and stress, which eventually manifested into debilitating back pain. But through my journey of self-discovery and transformation, I learned the connection between our emotions and physical symptoms, and how to heal both.

With the help and direction of experts like Dr. John Sarno, Dr. Howard Schubiner, and Nicole Sachs, LCSW, I was able to overcome my chronic pain and reclaim my life. Now I am passionate about sharing my story and the tools I've learned from others, so that they too can experience the same transformation.

As a Mindbody coach, I bring a combination of personal experience, a proven program, and formal Mindbody training with Dr. Howard Schubiner: Beyond Pain Management & Freedom from Chronic Pain, and studies with Katelyn Michals in "Awakening the Alchemist." I have brought the Mindbody work to the counseling department at U of D Jesuit High School, helping adolescent students understand the connection between their emotional and physical well-being.

With my experience as an administrator for the Tension Myositis Forum, moderator for the TMSwiki.org chat forum, and certifications in Mental Health and Question, Persuade and Refer (QPR), you can trust that I can provide you with the guidance, support, and tools you need to heal your mindbody symptoms and live a life free of chronic pain. Join me in our upcoming Mindbody Coaching Course and take the first step towards your own transformation.

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Matthew Rosett

Certified in Advanced Clinical Hypnotherapy and a Mind-Body Coach

Matthew Rosett, is an avid alpine skier, ski patroller and Lindy Hop dancer. He has dedicated over 2 decades of his life to healing his own chronic pain through mind-body approaches. He has come to understand the power of mindfulness, meditation, spirituality, inner child work and love and compassion in healing chronic pain.

Having struggled with sciatica for 28 years, Matthew was introduced to the teachings of Dr. Sarno in 2003 and received a TMS diagnosis from Sarno in 2004. He has been on a journey of healing and growth since that time. In 2012, he started assisting others on their MBS/TMS journey as a Peer. In 2016, he started a coaching business to help others with their chronic pain.

He has been an active member of various Mind-Body healing groups, including TMSwiki.org since 2008, the Tensions Myositis Syndrome Facebook page since 2008, and meditation and spiritual circles since 2005. He is the longest tenured (7 years) administrator for the Tension Myositis Syndrome Facebook page. He is the creator and committee chairman for the TMSwiki.org Saturday TMS Peer/Text chat since its inception in 2011.

With a 95% improvement in his own condition, he is eager to share his expertise in the healing circle as a Mind-Body coach specializing in chronic pain. He is trained as a Reiki Master in the Usui tradition. He teaches meditation, and mindfulness. In 2016, he completed the Six Day Intensive Hypnosis program through The Wellness Institute in Seattle. Two years later, he became certified in Advanced Heart Centered Hypnotherapy.

He is passionate about helping others on their journey and growth through mind-body approaches and looks forward to presenting valuable tools in this Mindbody Coaching Course.

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Experience Mind-Body Healing in this 6 Session Course

This 6-session course offers you the chance to experience comprehensive mind-body healing, led by our experienced coaches Laura Haraka, Denise laquinta, and Matthew Rosett. With a unique blend of meditation, expressive writing, somatic experiencing, mindful self-compassion, inner child work, breathwork, and more, you'll have access to a variety of techniques to help you overcome pain, anxiety, and depression.

Join us for SIX 90-minute live teaching sessions via Zoom, where you'll have the opportunity to engage with our coaches and other participants. Between each session, you'll have access to a private online forum where you can continue your learning and connect with others who are also on their healing journey.

Our Class Dates are: Mondays: May 1 to June 12, 2023

Class Time: 6:00 PM EST - 7:30 PM EST

No class on Memorial Day.

The course investment is \$300.00, and handouts detailing class content, homework practice, and additional resources will be provided to support your learning and growth.

EARLY BIRD SPECIAL: If you register by April 15th, the course investment is \$250.00. Save \$50.00 for committing early! Use Code: 50OFFTMS

[Click here to Book Now](#)

Note: Recordings of the sessions will be available for those who are unable to attend live.

Course Content by Week:

Class 1: Mind-Body Knowledge: Do you feel like your physical and mental health are holding you back from living your best life? It may be due to MindBody Syndrome. This condition is the result of a complex interplay between the mind and body, causing physical symptoms as a result of psychological stress. Some common MindBody Syndromes include chronic pain, anxiety, depression, and digestive disorders. But the good news is that with the right tools and support, it is possible to heal and overcome these symptoms.

Class 2: Journaling Tools: Writing tools help individuals work through pain and find a path to healing. The goal of this class is to teach participants how to use journaling as a tool for mindfulness, self-reflection, and proof of the mind-body connection. It will provide support on creating an evidence and gratitude journal, as well as outlining the expressive writing process. By the end of the class, participants should have a better understanding of how journaling can be used as a tool for healing and self-care, and should be equipped with the knowledge and skills to start incorporating journaling into their daily routine.

Class 3: Pain reprocessing tools: These tools provide you the opportunity to learn and practice powerful techniques that can help you transform your relationship with pain and discomfort. The strategies of focus include the Power Pose, affirmations, messages of safety, and cognitive and behavior interventions. These methods have been carefully selected to help you heal, grow and build resilience and strength in the face of life's challenges. By approaching your healing with mindful self-compassion, you will be able to tap into your own inner wisdom and resources, and to unlock the power of your mind and body to help you overcome the challenge of Mindbody Syndromes.

Class 4: Fight Flight Freeze: In mindbody practices, it's important to understand the concept of fight, flight, freeze or shock. This response is triggered when we are overwhelmed or under threat, and it can manifest in different ways. The sympathetic shock or fight/flight response, along with the parasympathetic shock or freeze response are two of the types of responses to perceived danger. When we are in shock, we are not processing our emotions. It's crucial to remain in our body to process our emotions, and to stay out of shock if we want to do so effectively. Methods of getting back into our bodies are introduced. By understanding the concept of fight, flight, freeze or shock, and taking steps to stay out of it, we can effectively process our emotions.

Class 5: Inner Child Work: Chronic pain can often be linked to emotional or psychological stress, and inner child work can help us identify and address these underlying issues. By becoming more aware of our different parts and learning to communicate with them in a compassionate and non-judgemental way, we can create a more harmonious inner environment and reduce the impact of negative emotions on our physical well-being. Also, working with our inner child can help us to resolve past traumas that may be contributing to chronic pain. By healing our inner child, we can create a more peaceful and accepting "inner landscape," which can in turn reduce and even eliminate chronic pain symptoms.

Class 6: Mindfulness, meditation and breathwork tools: You will learn how to use these tools to reduce stress and anxiety. You will understand the underlying principles of these practices and how they can be applied to alleviate chronic pain symptoms. By practicing mindfulness, meditation and breathwork, you can tap into the power of your mindbody to bring peace and balance to your nervous system. These tools have been proven to be effective in reducing stress, calming fears and relieving chronic pain symptoms. You will learn to incorporate these practices into your daily routine and how to use them to regulate your nervous system and experience their many benefits.

Disclaimer: Our coaches are not medical doctors and cannot diagnose Mind-Body Syndrome (MBS). However, they will provide you with the knowledge and confidence to help you discern whether your symptoms are mind-body related and guide you towards a path of healing and transformation. With this course, not only will your physical state of being change, but your life and how you live it will change as well.