

# Meg Odgers' Pelvic Pain and Sexual Pain Resources



## Books

### Pelvic Pain:

- Why Pelvic Pain Hurts: Neuroscience Education for Patients with Pelvic Pain – Adriaan Louw and others
- Protect-O-Meter + Painful Yarns + Explain Pain – Prof. Lorimer Moseley and David Butler (NOI group)
- Change Your Brain, Change Your Pain – Mark Grant
- Pain and Prejudice – Gabrielle Jackson
- Headache in the Pelvis – David Wise and Rodney Anderson
- Freedom from Pain: Discover Your Body's Power to Overcome Pain – Peter A. Levine and Maggie Phillips
- The Myth of Normal: Trauma, Illness & Healing in a Toxic Culture – Dr Gabor and Daniel Maté
- When the Body Says No: Understanding the Stress-Disease Connection – Dr Gabor Maté
- The Pain Management Workbook + The Chronic Pain and Illness Workbook for Teens – Dr Rachel Zoffness
- Outsmart Your Pain: Mindfulness and Self-Compassion to Help Your Leave Chronic Pain Behind – Christiane Wolf
- Pain Heroes: Stories of Hope and Recovery – Alison Sim
- Unseen: The Secret World of Chronic Illness – Jacinta Parsons
- The PCOS Workbook: Your Guide to Complete Physical and Emotional Health – Angela Grassi
- The CSIRO Women's Health and Nutrition Guide – Dr Jane Bowen, A. Prof. Bev Mahlhausler and Gemma Williams

## Sexual Pain and Sexuality:

- Why Pelvic Pain Hurts: Neuroscience Education for Patients with Pelvic Pain – Adriaan Louw and others
- Come as You Are + Come as You Are Workbook – Emily Nagoski
- Burnout: The Secret to Unlocking the Stress Cycle – Emily and Amelia Nagoski
- Vagina Problems: Endometriosis, Painful Sex and other Taboo Topics – Lana Parker
- The Vagina Monologues – Eve Ensler
- The Art of Giving and Receiving: The Wheel of Consent – Betty Martin
- Sex at Dawn – Christopher Ryan and Camilla Jetha
- Sex for One: The Joy of Self Loving – Betty Dobson

## Menstrual Cycle Awareness:

- Menstrual Cycle Awareness: About Bloody Time: The Menstrual Revolution We Have to Have – Karen Pickering and Jane Bennet
- Period Power: Harness Your Hormones and Get Your Cycle Working for You – Maisie Hill

## Websites

- Endo Help Foundation – [www.endohelp.com.au](http://www.endohelp.com.au)
- Pelvic Pain Foundation of Australia – [www.pelvicpain.org.au](http://www.pelvicpain.org.au)
- Endo Active – [www.endoactive.org.au](http://www.endoactive.org.au)
- Pain Australia – [www.painaustralia.org.au](http://www.painaustralia.org.au)
- Endometriosis Australia – [www.endometrisosisaustralia.org.au](http://www.endometrisosisaustralia.org.au)
- NOI + Tame the Beast + Pain Revolution – [www.noigroup.com](http://www.noigroup.com), [www.painrevolution.org.au](http://www.painrevolution.org.au), [www.tamethebeast.org](http://www.tamethebeast.org)
- Overcoming Pain – [www.overcomingpain.com](http://www.overcomingpain.com)
- Jean Hailes for Women's Health – [www.jeanhailes.org.au](http://www.jeanhailes.org.au)
- Pelvic Floor First + Continence Foundation of Australia – [www.pelvicfloorfirst.org.au](http://www.pelvicfloorfirst.org.au), [www.continence.org.au](http://www.continence.org.au)
- Bonnie Bliss – Reclaim Your Pleasure – [www.bonniebliss.co](http://www.bonniebliss.co)
- Mindful Self-Compassion Practices – [www.self-compassion.org/guided-self-compassion-meditations-mp3-2](http://www.self-compassion.org/guided-self-compassion-meditations-mp3-2)
- Coming Soon: CodeEndo

## Blogs, e-Books and Articles

- The Curable Blog – [www.curablehealth.com/blog](http://www.curablehealth.com/blog)
- Overcoming Pain Blog – [www.overcomingpain.com/blog](http://www.overcomingpain.com/blog)
- Pain, Explained article – [www.psychologytoday.com/us/blog/pain-explained](http://www.psychologytoday.com/us/blog/pain-explained)
- Irene Lyon e-books – [www.irenelyon.com/free-resources-2/](http://www.irenelyon.com/free-resources-2/)
- Living with Endometriosis and Adenomyosis – [www.sbs.com.au/topics/voices/health/article/2022/04/07/i-wish-periods-were-spoken-about-more-openly-when-i-was-girl](http://www.sbs.com.au/topics/voices/health/article/2022/04/07/i-wish-periods-were-spoken-about-more-openly-when-i-was-girl)
- Most people don't realise long-term opioid use can make pain worse – [www.abc.net.au/news/2020-06-17/long-term-use-of-opioids-as-painkillers-actually-increases-pain/12356984](http://www.abc.net.au/news/2020-06-17/long-term-use-of-opioids-as-painkillers-actually-increases-pain/12356984)

## Audiobooks

- Befriending the Nervous System – Deb Dana (\$60, Sounds True)
- Freedom from Pain – Peter Levine and Maggie Phillips (\$30, Sounds True)
- Meditation for Pain Relief – Peter Levine and Maggie Phillips (\$3 pain pendulation practice, Sounds True)
- The Way Out: The Revolutionary, Scientifically Proven Approach to Heal Chronic Pain – Alan Gordon (Audible)
- EMDR: The Breakthrough Therapy for Overcoming Anxiety, Stress and Trauma – Dr Francine Shapiro (Audible)

## Podcasts

- Conceive: The Podcast (Season 1, Episode 3 with Dr Marilla Druitt + Episode 5 with Meg Odgers)
- Finding Mastery (Science of Pain: Myths, Truths and Understanding with Dr Rachel Zoftness, 20th July 2022)
- Sex, Birth, Trauma with Kimberly Ann Johnson
- Periods, Poo & Pimples with Jacinta Barbagallo
- Pelvic Matters with Marina Castellanos
- Daring to Rest Podcast with Karen Brody
- The Healing Pain Podcast + Empowered Beyond Pain Podcast
- Like Mind, Like Body + Tell Me about Your Pain (Curable Health Podcasts)
- Living with Endo: The A to Z of Endometriosis (Endometriosis Australia)

## Paid Programs

- Nerva: Gut-directed Hypnotherapy for IBS – Dr Simone Peters (1 week free, then \$70 per 3 months)
- Curable: Chronic Pain Relief – Curable Health (6 weeks free, then \$60 per 3 months)
- OMG YES – The Science of Women’s Pleasure (one-time payment of \$79, \$129 or 159 for lifetime access)

## Free Online Pain Programs

- Retrain Pain Foundation Course – [www.retrainpain.org](http://www.retrainpain.org)
- Macquarie University eCentre Clinic Pain Course – [www.ecentreclinic.org/?q=PainCourse](http://www.ecentreclinic.org/?q=PainCourse)
- This Way Up Chronic Pain Course – [www.thiswayup.org.au/courses/the-chronic-pain-course](http://www.thiswayup.org.au/courses/the-chronic-pain-course)
- MindSpot Pain Course – [www.mindspot.org.au/pain-course](http://www.mindspot.org.au/pain-course)

## Apps

- Protect-O-Meter – NOI group (\$12, only compatible with iPads)
- Overcoming Pain based on EMDR – Mark Grant (\$9)
- Anxiety Release – Mark Grant (\$9)
- Calm and Confident – Mark Grant (\$9)
- Sleep Restore – Mark Grant (\$9)
- FODMAP – Monash University FODMAP Diet for IBS (\$12)
- CBT-I Coach – A free insomnia support app
- Insight Timer – A free meditation app, upgraded \$88 subscription available
- Beyond Now – A free Beyond Blue suicide safety planning app

## TV Programs

- Pain – Ask the Doctor, Series 1 (2022), search via ABC iView
- Endometriosis – Insight, Episode 39 (2018), search via SBS on Demand
- Dopesick (Opioid Prescriptions for Pain Epidemic) – Disney

# YouTube

- Tame the Beast: It's Time to Rethink Persistent Pain – [www.tamethebeast.org/#tame-the-beast](http://www.tamethebeast.org/#tame-the-beast)
- The Mysterious Science of Pain – [www.youtube.com/watch?v=eakyDiXX6Uc](http://www.youtube.com/watch?v=eakyDiXX6Uc)
- Trauma and the Brain – <https://youtu.be/4-tcKYx24aA>
- Neuroplasticity – <https://youtu.be/ELpfYCZa87g>
- Trauma and the Nervous System: A Poly Vagal Perspective – [www.youtube.com/watch?v=ZdIQRxwT1I0](http://www.youtube.com/watch?v=ZdIQRxwT1I0)
- How childhood trauma affects health across a lifetime (Dr Nadine Burke Harris) – <https://youtu.be/95ovIJ3dsNk>
- Irene Lyon YouTube Channel – [www.youtube.com/c/IreneLyon](http://www.youtube.com/c/IreneLyon)
- Yoga for Chronic Pain: Yoga with Adrienne (30 min practice) – [www.youtube.com/watch?v=BFaXfQpxnps](http://www.youtube.com/watch?v=BFaXfQpxnps)
- Information about Opioids and Chronic Non-Cancer Pain – [www.youtube.com/watch?v=8R4RTOpUCf4](http://www.youtube.com/watch?v=8R4RTOpUCf4)

Endo Help ♥ [www.endohelp.com.au](http://www.endohelp.com.au)

**PELVIC PAIN AND SEXUAL PAIN RESOURCES COMPILED BY MEG ODGERS  
(CLINICAL PSYCHOLOGIST)**