

The PPD/TMS Peer Network



We've been there. We can help.

The PPD/TMS Peer Network (PTPN) is a peer-support, 501(c)(3) nonprofit comprised of individuals who have used the PPD approach to overcome chronic pain. We formed around the ideas promoted by Dr. John E. Sarno, which are very similar to PPD, and use his term TMS (Tension Myositis Syndrome) in many of our programs. The PTPN's main website, the TMS Wiki, is a comprehensive PPD/TMS encyclopedia consisting of over 600 pages, including a free structured program developed by individuals who overcame PPD. The PTPN's forum provides a supportive online community, with active participation from PPD peers as well as practitioners. We are also expanding our community outside the internet with in-person meet-ups in London and the Boston area. While we did not have any hand in sponsoring this conference, we are ardent supporters of the PPDA, which continues to provide us with scientific understanding and medical guidance. We wholeheartedly support their efforts to raise awareness of PPD.

Providing Peer Support

Wiki

The PTPN sponsors the PPD/TMS encyclopedia, www.tmswiki.org. The website has over 600 pages on PPD and ideas on how to recover from chronic pain. These pages include our Find a Practitioner page, an archive of hundreds of inspiring success stories, a free structured program, and a Q&A with an Expert section.

PPD Forum

Interacting with other individuals recovering from PPD can be a very uplifting experience. Peers can provide unique insights that many people find helpful. One of the best ways to interact with peers is through our online forum at www.tmswiki.org/forum. The forum is a place where both peers and practitioners can respond to posts about PPD and how to recover from chronic pain.

Online PPD Chat Room

Each week, the PTPN holds an online chat from 3:00 - 4:00 pm (EST) on Saturday. These chats are full of positivity and helpful insights from people who have recovered or are recovering from PPD. On occasion we have special webinar sessions with PPD practitioners such as Alan Gordon and Peter Zafirides. The chat room is located at www.tmswiki.org/chat.

Structured Educational Program

When many people first learn about PPD, they are confused by what to do next. They have a lot of new information, but do not have a clear way to put that knowledge to work. The PTPN's six-week educational program provides people with daily activities to guide them through their recovery. This program was written entirely by people who have overcome PPD, and contains tips and techniques that helped them recover. People going through the program can also ask questions and receive feedback through the Structured Educational Program sub-forum on the PTPN's discussion forum.

