

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 TMS approach to overcome chronic pain. We formed around the ideas promoted by Dr. John E. Sarno. The PTPN's main website, the TMS Wiki, is a comprehensive TMS encyclopedia consisting of over 600 pages, including a free structured program developed by individuals who overcame TMS. The PTPN's forum provides a supportive online community, with active participation from TMS 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.

Providing Peer Support

Wiki

The PTPN sponsors the PPD/TMS encyclopedia, www.tmswiki.org. The website has over 600 pages on TMS 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.

TMS Forum

Interacting with other individuals recovering from TMS 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 go.tmswiki.org/forum. The forum is a place where both peers and practitioners can respond to posts about TMS and how to recover from chronic pain.

Online TMS 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 TMS. On occasion we have special webinar sessions with TMS practitioners such as Alan Gordon and Peter Zafirides. The chat room is located at go.tmswiki.org/chat.

Structured Educational Program

When many people first learn about TMS, 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 TMS, 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.

