



Letter of Endorsement for Dr. Andrea Pack

I'm writing to enthusiastically endorse Dr. Andrea Pack. I saw her for chronic muscular back pain, and after a single 90 minute session, I experienced a dramatic improvement in both my pain level and range of motion.

I offer this endorsement not just as a client, but as a physician with training in somatic practices myself. That background means I don't take this kind of result lightly, and it gave me a clear view into just how skilled Dr. Pack's process is. She holds a PhD in motor systems, and she blends that scientific rigor with her somatic certifications in a way that is both unique and powerful. She didn't just work on my body: she took the time to explain the "why" behind everything she did, and her explanations held up to my scrutiny. Her work connected with me both scientifically and on a deeper level, which is a rare combination.

She also sent me home with specific exercises to continue the work between sessions, and her manner throughout was calming and completely nonjudgmental. Everything she did was gentle and designed to minimize pain.

I've tried multiple other modalities for this same issue, and none of them came close to the relief I got from one session with Dr. Pack. I left feeling lighter and freer than I had in a long time, and I can't wait for our next session. Not only that, I have referred my chronically ill father, my father-in-law, my husband, and my dearest family friend to her as well.

I recommend her without reservation to anyone dealing with chronic pain who wants a practitioner who treats the whole person, not just the symptom.

Sincerely,

Jill Wener, MD, ACP-EFT, ICF-ACC
Board-Certified Internist
Certified EFT Practitioner