

# New Workbook Brings Chronic Pain Recovery Tools to Teens and Their Support Networks

*Evidence-based resource helps teens retrain pain signals and responses and supports parents, clinicians, educators, and coaches.*

BEVERLY HILLS, CA, UNITED STATES, January 13, 2026 /EINPresswire.com/ -- [Pain Reprocessing](#)

[Therapy Center](#) is proud to announce the preorder availability of [The Pain Reprocessing Therapy Workbook for Teens](#), which publishes on February 1, 2026, and is now available for pre-order on Amazon and Target.

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*Paulina Soble, LCSW, Co-author*

Chronic pain affects approximately one in five children and adolescents worldwide, often limiting school, social activities, sports participation, and overall quality of life. PMC This workbook offers science-based skills from Pain Reprocessing Therapy (PRT), a brain-focused approach that helps people better understand and more accurately process pain signals.

The workbook helps teens:

- Interrupt the chronic pain cycle with repeatable, brain-based tools
- Accurately interpret body signals and respond with confidence
- Reconnect mind and body so safety becomes the default
- Practice breathwork, nervous system regulation, pacing, gentle exposure, and empowerment
- Track progress using worksheets and guided tools

PRT has been validated in clinical research: in a randomized trial, two-thirds of participants became pain-free or nearly pain-free after 4 weeks, with sustained improvement compared with placebo or usual care. [JAMA Network](#)

“After seeing the surprising number of teenage pain sufferers reach out to our practice, WellBody Psychotherapy, we wanted to create a go-to resource for kids and the caregivers who support them. We aim to provide hope that full recovery is possible — when the correct root is targeted: the brain. Understanding the catalyst for neuroplastic pain and how to better manage

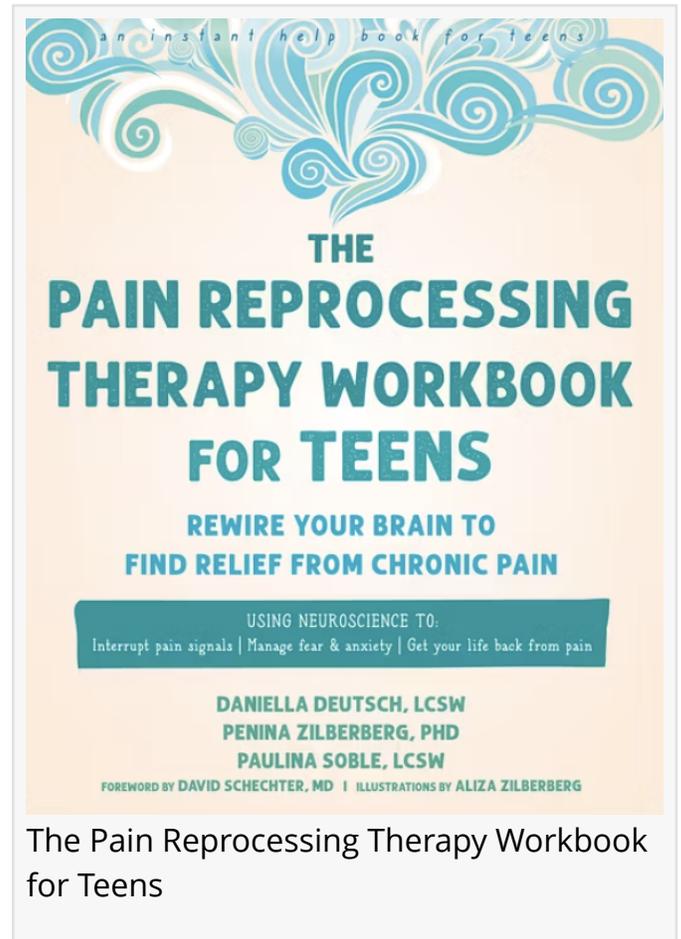
the emotional, social, and situational triggers teens face can lead to a drastic reduction in pain as well as an improved quality of life,” said Paulina Soble, LCSW, Co-author.

Early endorsements from pediatric clinicians, neuroscientists, physicians, and mind-body specialists reflect the need for clear, teen-friendly resources that bridge the gap between science and daily life.

The Pain Reprocessing Therapy Workbook for Teens is part of a growing movement to improve outcomes in adolescent chronic pain by helping the brain unlearn pain patterns rather than simply managing symptoms.

About Pain Reprocessing Therapy Center: Pain Reprocessing Therapy Center trains clinicians and supports patient access to evidence-based PRT tools. Our mission is to expand understanding of brain-based pain recovery and build bridges between research and real-world care. Learn more at <https://painreprocessingtherapy.com/>.

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