

3-day experience with Robert J. Echenberg, MD, FACOG Bethlehem, Pennsylvania

Post graduate mini-course for health care practitioners - one on one clinical training in evaluation and management of chronic female and male pelvic, genital and sexual pain disorders

Common Diagnoses & Medical Treatments
For Chronic Pelvic & Sexual Pain



Common Diagnoses Seen and Treated by Dr. Echenberg

- Interstitial Cystitis (IC)
- Vulvodynia
- Vestibulitis
- Pelvic Floor Dysfunction
- Pudendal Neuralgia
- Pelvic Endometriosis
- Irritable Bowel Syndrome (IBS)
- Post-traumatic Stress Disorder (PTSD)

Treatments Available for any or all of These Diagnoses

Pain Management for Entire Pelvic Region:

- Medications to treat - IC, IBS, Endometriosis, Vulvodynia, Vestibulitis, Depression, Anxiety
- Nerve Block Injections
- Bladder Instillations
- Botox injections into Pelvic Floor
- Physical Therapy for Pelvic Floor
- Mind-Body Relaxation Training
- Comprehensive education about all disorders

www.instituteforwomeninpain.org
610-868-0104

**For Physicians, Nurse Practitioners, Physician Assistants,
Pelvic Floor Physical Therapists, Sex Educators, Counselors
and any professional working in pelvic, genital and sexual
health**

- **Receive pre-educational packet of resources and evidenced based articles for review**
- **Day 1 afternoon: sit in on 3+ hour intake of new pelvic pain patient**
- **Day 1 morning and all Day 2: observe treatments that would include follow-up patients receiving peripheral nerve blocks, trigger point injections and/or bladder instillations – and possibly Botox into pelvic floor**
- **Day 3: One on one sit down with Dr. Echenberg reviewing neuroscience principles and instruction on utilizing a non-surgically based pelvic pain management program – judicious use of medications, office-based procedures and integrative referrals to pelvic floor physical therapy, mindfulness-based counseling, sleep hygiene and nutritional health**
 - **Program based on bio-psychosocial approach which employs multi- disciplinary, multi-modal and multi-organ systems knowledge and skills**
 - **Receive a post-educational packet of materials that will include many patient and practitioner-oriented teaching files as well as ideas of how to implement these skills into a busy practice**



Phone: 610-868-0104

Fax: 610-868-0204

- **Opportunity to consult directly with Dr. Echenberg by e-mail, phone or Skype for difficult patients you may encounter following this mini-course**

All other info including fees for mentorship available through Kristin at office@drechenberg.com

Practitioner Testimonials

“The time I spent with Dr. Echenberg was a very valuable learning experience. His passion for helping women with chronic pelvic pain is inspiring. Even more exciting was seeing how he is able to help women reclaim their lives after dealing with this debilitating condition for so many years.

Dr. Echenberg is a compassionate and thoughtful teacher for patients as well as for health practitioners. Over his years of experience, he has developed a model of care that is comprehensive and effective and something I will certainly integrate into my own practice and pass along to the medical students and residents I train.”

Nicole Leong, MD

Assistant Professor of Obstetrics & Gynecology

University of Chicago School of Medicine

“Spending several days with Dr. Echenberg was one of the best things that I have done for my career and for my patients. He uses current pain management concepts and has a very effective way of treating patients with [pelvic pain], that previous providers had not been able to [successfully] treat.

While he was seeing patients, he was also teaching me and took the time to answer all of my questions. It was a wonderful experience and a



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worthwhile investment. I highly recommend this to anyone who takes care of patients with chronic pelvic and sexual pain.”

Kris Christiansen, MD

Sexual Medicine Physician

St. Louis Park, Minnesota

“Dr. Echenberg has such passion and commitment to helping women and men with pelvic pain. Knowing it is hard for patients to find help, he is eager to share his knowledge with physicians. Observing his compassion with his patients as well as seeing his skills in providing multiple peripheral nerve blocks and bladder treatments was so helpful. He showed me how and where to check for these issues and gave me direct information on treatment details. He also provided me with many resources on pelvic and chronic pain in general. He is a great teacher and learning from him was a wonderful experience.”

Marah Mattheus-Kairys, MD

Family Practice

Philadelphia, PA



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“Thank you for the wonderful opportunity to observe you for the day. You are an excellent teacher to your patients and even to me. It’s incredible how you have been able to give people back their life after years of pain. I hope your unique model of compassionate and effective care can be carried forward by other practitioners.”

Danielle Knippenberg, MPT, GCS, PRPC

Pelvic Floor Physical Therapist

Bucks County, PA



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2018 Bio on Robert J. Echenberg, MD, FACOG

Dr. Robert Echenberg did his undergraduate work at Brown University, medical training at Jefferson Medical College, and his residency in Obstetrics and Gynecology at the University of Michigan Medical Center. He began private practice in Bethlehem, PA in the early 1970's. Soon after board certification he began realizing that much of what he needed to know concerning women's health had not been taught in those otherwise excellent programs.

Aside from his comprehensive Ob/Gyn medical and surgical care of women, the first 35 years of his career in large part was devoted to advocating for women and their families by working at local, regional and national levels to advance the science and art of patient centered care for all aspects of pregnancy and birthing choices, counseling and aiding couples with sexual intimacy issues, establishing programs to support families through pregnancy loss and developing support for decision making regarding seriously ill newborns.

His interest in chronic pain began in 2001 while developing a hospital-based program designed to create a non-surgical approach to the treatment of chronic pelvic pain. He soon joined the International Association for the Study of Pain, started reading scientific journals on pain itself, attended numerous pain related conferences and seminars and became actively involved in the International Pelvic Pain Society, serving for a year on its Board (www.pelvicpain.org).

Dr. Echenberg's passion for patient advocacy and integrative care in women's health continued with his creation in 2006 of one of the first privately owned medical practices specializing in assessment, diagnosis and treatment of chronic pelvic, genital and sexual pain disorders. Through his website www.TheEchenbergInstitute.com both women and men continue to reach out to him from around the world. They are all suffering from conditions related to persistent pain in the pelvic region. **His expertise in developing a model of care based on the most recent research-based protocols applying neuroscience in a bio-psychosocial approach has led to successful outcomes for about 1500 patients from 34 states and 13 foreign countries.**

Over the past decade Dr. Echenberg has spoken nationally and internationally on all aspects of chronic pelvic pain and has **co-authored a book, “Secret Suffering: How Women’s Sexual and Pelvic Pain Affects their Relationships”**. More recently he has written the forward for the book: **“The Proactive Patient: Managing IC/BPS and Related Conditions”**.

He has given numerous interviews on television, radio, webinars, and social media, and has been involved and responsible for such diverse activities as helping a high school student present a day seminar on Interstitial Cystitis at a regional medical school as well as serving on the Medical Advisory Board of the Interstitial Cystitis Association (www.ichelp.org). He has also been a member of the National Vulvodynia Association (www.nva.org) for a number of years.

His efforts have lead as well to the establishment of the “Alliance for Pelvic Pain”, a group of 5 diverse professionals who created and successfully held national patient weekend retreats in Pennsylvania in 2013 and in New York City in 2014 (www.allianceforpelvicpain.com). He has helped establish the first international non-profit organization to help raise awareness, funding and education for all aspects of chronic pelvic pain (www.bridgeforpelvicpain.org). **Most recently he has played an integral part in writing, producing, and appearing in a ground-breaking DVD called “Healing the Pain Down There”** (www.paindownthere.com).

Dr. Echenberg strongly believes that institutional changes in medical education and awareness among younger people about these disorders will eventually allow for much earlier diagnosis and prevention of end-stage pain and suffering.

