

Podcast examines experience of pain

SIMON.HENDERSON

@thenews.co.nz

Learning life lessons from pain is at the heart of a series of podcasts by Wanaka osteopath and therapist Dr Jin Ong.

The experiences of the Covid-19 pandemic lockdown period encouraged her to find ways to remotely connect and share her theories about the connection between the mind and the body.

When she was not able to physically meet her clients, she sought an alternative by connecting online.

“All of a sudden we were just left with conversation and emotions.”

In March last year, she began a podcast series — *The Art Of Listening To Your Body* — and began interviewing people who

shared their stories of pain.

Dr Ong began the series with her own story of experiencing “massive skin issues” about eight years ago.

“I was in Brisbane and my body does not do well in a hot and humid environment, so I was the sickest I had ever been.”

Her personal journey was realising part of the issue was not enjoying where she lived and what she was doing.

So she moved to Wanaka, establishing an osteopathic clinic that has grown to a team of practitioners who share her belief in a combination of physical therapy as well as understanding the role emotions play.

“Our physical bodies are a manifestation of our

emotional state.

“We have traumas that are associated with emotion, and if that emotion doesn’t get expressed because it is too inconvenient in our Western life or because we don’t know how to express it because of the upbringing we have had, it gets stored in the body as a source of stress.”

This could then manifest in the body as physical pain or illness, she said.

Through her series of podcasts Dr Ong has interviewed people sharing a range of experiences including stage four breast cancer, brain cancer, chronic illness, pelvic pain and more.

“Everyone has a story, and it is actually when you share your story you will impact someone’s life.”



Life stories . . . Dr Jin Ong uncovers in her podcast how people have experienced and managed pain.

PHOTO: SUPPLIED