

What is Pain Medicine Wellness?

Pain Medicine Wellness is a wellness, education, and personal growth practice created to help people slow down, recognize self-defeating patterns, and make intentional changes in their lives. Through increased self-awareness, practical tools, and supportive guidance, we help individuals create the outcomes they desire, achieve meaningful goals, and build the skills needed to sustain their progress.

Our Philosophy

You don't need to be fixed. You need a safe place to get grounded, gain clarity, build skills, and organize your next steps-so you can increase your capacity to win.

Life isn't about winning every time.
It's about improving your winning ratio.

Come, let us reason... together.

Reflection + practical wisdom x action = Pain Medicine.

The PMW Framework

1. Ground

Returned to the present.

2. Goal

Name what you need.

3. Explore

Look beneath the surface.

4. Reframe

Challenge with no longer serves you

5. Feel

Make room for the emotion.

6. Integrate.

Connect insight with real life.

7. Action

Choose the next faithful step.

Meet the founder



Catina Allen, MCMHC, CTP

Founder, Pain Medicine Wellness

Masters Clinical Mental Health Counseling background

Certified Trauma Professional

Meet Catina "Auntie" Allen

"Auntie" is the founder of **Pain Medicine Wellness, LLC**. With more than two decades of experience in behavioral health and human services, Catina has supported individuals and families navigating trauma, crisis, substance use prevention, domestic violence, sexual assault, and other life challenges. She holds a Master of Science in Clinical Mental Health Counseling and a Bachelor of Science in Social Science and is a Certified Trauma Professional. Catina's approach blends Rational Emotive Behavior Therapy (REBT), mindfulness, trauma-informed care, and practical wisdom to help people examine what they believe, understand how those beliefs influence the way they reason, and recognize how their thinking shapes their choices and outcomes. With the warmth and honesty of a trusted auntie, she helps people reconnect with themselves, challenge patterns that no longer serve them, and move forward toward meaningful, sustainable change.

THE PROFESSIONAL AUNTIE

Warm enough to sit with you. Practical enough to help you reason through it.



A Place to Reason

A Place to Reason

Pain Medicine Wellness offers a safe, supportive space for reflection, growth, practical skill-building, and intentional change.

Here, meaningful conversation is the medicine. Our work feels less like being analyzed and more like sitting down with a trusted auntie—someone who will listen without judgment, ask the questions that matter, and help you get beneath the surface of what you're experiencing.

You are the expert on your life. My role is to bring professional knowledge, practical wisdom, thoughtful questions, and a steady hand as we reason through the journey together. I don't tell you who to become; I help you explore your thoughts, understand your intentions, recognize what may be keeping you stuck, and discover what is true and meaningful for you.

Together, we work to help you reconnect with yourself, clarify what you want, create meaningful goals, take practical steps toward them, and develop the tools to sustain the life you're building.

Sometimes the right question is the medicine that helps us find the answer.

You may come here to:

- Slow down and make sense of what you're carrying
- Challenge thoughts that keep you stuck
- Practice mindfulness and grounding
- Strengthen boundaries and emotional freedom
- Identify practical next steps

Growing. Healing. Becoming.

Mind. Body. Heart. Spirit.

Come, let us reason... together.

What I Offer

Individual Coaching — Remote

One-on-one virtual sessions designed to support personal growth, transformation, mindfulness, goal development, and intentional change. Sessions provide a confidential, judgment-free space to explore what you're experiencing, identify what matters, and determine your next steps.

Training & Group Education

Interactive trainings and educational sessions for organizations, professionals, community groups, and other audiences. Areas of specialty include trauma-informed care, sexual assault, domestic violence, survivor support, mindfulness, and related behavioral-health and wellness topics.

Speaking Engagements

Available for conferences, workshops, professional events, community programs, and special presentations. Speaking engagements combine professional knowledge, lived wisdom, practical application, and meaningful conversation in a way that makes difficult subjects accessible and relevant.

Then somewhere visible—possibly directly underneath the individual coaching section—I would put:

Individual coaching sessions are currently offered remotely.



REBT + Mindfulness Coaching

Practical tools for intentional healing.

Stay Connected

Your healing work does not have to end when the training does.

READY TO REASON TOGETHER?



Scan to connect or schedule.

The Quiet Work of Healing

Stories. Reflection. Practical wisdom.
One pearl at a time.

Pain Medicine Wellness, LLC

Phone: 205-688-0933

Email: PainMedicineHWC@gmail.com

Schedule Appt: <https://calendly.com/painmedicinehwc/30min>

Newsletter: <https://substack.com/@painmedicinewellness>