I’ve lived with chronic pain for 30 out of my 38 years. Suffice it to say, I am no stranger to chronic pain. When I began seeing Dr. Jonathan Ashar, I was taking 3600 mg. of Gabapentin each day. Within five months-time of working with Dr. Ashar, I was able to completely taper off all of the Gabapentin. The Pain Reprocessing Therapy that I learned from Dr. Ashar and continue to practice on my own, was instrumental in allowing me to go off my medicine and resume a much more active lifestyle. Through PRT I was able to manage what little pain I had after going off the Gabapentin. My pain today is little to nonexistent. Before I began therapy with Dr. Ashar, I was living a life filled with pain and I was unable to do so many things that I love. Now, without the Gabapentin, I am gradually reclaiming activities and many of the things I couldn’t do with Gabapentin that left me exhausted beyond belief.

My experience working with Dr. Ashar was enlightening. His patience and kind, considerate manner make it easy to trust in him and then ultimately in the Pain Reprocessing Therapy. It was easier for me to trust him knowing that he had struggled with pain himself. His knowledge of both personal and professional experiences with chronic pain made it so much easier to work with him because he truly “got it.” In my therapy sessions with him, I always got the feeling that I was his top priority and he was laser focused on me and my issues.

I would recommend Dr. Jonathan Ashar in a heartbeat to my family members, friends, or anybody who is suffering with pain. For me, the Pain Reprocessing Therapy has been

an extremely positive life-changer!