

Meet your Chronic Pain Coach: Simone Steyn- Founder of PainEase Coaching

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R750 per hour



I am a trauma-informed mind-body health and wellbeing coach, neurodiversity-affirming mental health counsellor, health researcher, and practitioner in Pain Reprocessing Therapy (PRT) and Emotion Awareness and Expression Therapy (EAET). My work integrates neuroscience education, brain rewiring and neuroplasticity, nervous system regulation, and depth-oriented emotional work to support people living with chronic pain, persistent symptoms, stress-related conditions, and emotional distress.

My approach is grounded in the understanding that our thoughts, emotions, nervous system, and lived experiences are deeply interconnected. Together, we explore the protective patterns that may have developed over time, gently working with the inner child, unresolved emotions, and the nervous system to create lasting change. Rather than asking, "What's wrong with you?", I believe healing begins by asking, "What has happened to you, and what does your system need now?"

My own journey, together with extensive professional training, has given me a deep appreciation for the incredible capacity of the brain and body to heal. Whether I am working with individuals or groups or in a retreat space, my intention is to create a safe, compassionate space where people can better understand their symptoms, move out of fear, reconnect with themselves, develop emotional wellbeing and discover new pathways towards healing—without blame, pressure, or pathologising.