



# INTEGRATIVE PAIN MANAGEMENT CONFERENCE

**AGENDA FRIDAY MAY 7, 2021**

HOSTED BY THE UNIVERSITY OF VERMONT COLLEGE OF NURSING AND HEALTH SCIENCES

8:30-9:00 AM	<b>Tech Tutorial and Meet &amp; Greet</b>
9:00-9:10 AM	<b>Welcome:</b> Integrative Pain Management Conference Committee
9:10-9:55 AM	<b>Keynote: <i>How Healing Works: Implications for Providers</i></b> Wayne Jonas, MD, Executive Director, Samueli Integrative Health Programs, @DrWayneJonas
9:55 - 10:35 AM	<b>Plenary: <i>Lessons learned from the UVM Medical Center Comprehensive Pain Program</i></b> Jon Porter, MD Medical Director, Comprehensive Pain Program; Josh Plavin, MD, VP & Chief Medical Officer BCBSVT
10:35 - 10:40 AM	<b>Transition</b>
10:40 - 11:20 AM	<b>Breakout Session 1 (see page 2)</b>
11:20 - 11:25 AM	<b>Transition</b>
11:25 - 12:05 PM	<b>Breakout Session 2 (see page 2)</b>
12:05 - 12:10 PM	<b>Transition</b>
12:10 - 12:55 PM	<b>Plenary: <i>Reconnecting the Brain with the Rest of the Body in Pain Research</i></b> Helene Langevin, MD, Director, National Center for Complementary and Integrative Health (NCCIH), @NCCIH_Director
12:55 - 1:25 PM	<b>Lunch Break</b>
1:25 - 2:05PM	<b>Breakout Session 3 (see page 2)</b>
2:05 - 2:10 PM	<b>Transition</b>
2:10 - 2:50 PM	<b>Breakout Session 4 (see page 2)</b>
2:50 - 2:55 PM	<b>Transition</b>
2:55 - 3:40 PM	<b>Plenary: <i>National Landscape in Comprehensive Pain Management</i></b> Christine Goertz, DC, PhD, Director, Spine Health, Duke University Department of Orthopaedic Surgery; Chairperson, PCORI Board of Governors. @ChristineGoertz; Amy Goldstein, MSW, Director Alliance to Advance Comprehensive Integrative Pain Management, @aacipm, Samantha Simmons, MPH, Director Whole Health in the States, @OregonCIM
3:40 - 4:00 PM	<b>Closing Remarks</b>

## BREAKOUT SESSIONS MAY 7, 2021

Breakout Session 1, 10:40 - 11:20 AM	
TRAUMA & PAIN	<b><i>Matching the Type of Bodywork to a Client's Pain or Trauma</i></b> Janet Kahn, PhD, LMT
PHARMACOLOGY & THERAPEUTICS	<b><i>An Overview of Herbal Medicine in Pain Management</i></b> Katherine Elmer, Herbalist
PAIN CONDITIONS	<b><i>Integrative Approaches for Headaches</i></b> Katherine Wayman, MD and Allyson Bazarsky, DO
PATIENT ENGAGEMENT	<b><i>Pain Neuroscience: Understanding and Teaching People About Pain</i></b> Parminder Padgett, PT, DPT, NCS
Breakout Session 2, 11:25 - 12:05 PM	
TRAUMA & PAIN	<b><i>Chronic Pain and Post Traumatic Stress: Clinical Neurology and the Need for Co-treatment with Manual Medicine</i></b> Sarah Paquette, DC
PHARMACOLOGY & THERAPEUTICS	<b><i>Opioid Tapering Context and Considerations</i></b> Jon Porter, MD
PAIN CONDITIONS	<b><i>Fibromyalgia: Opportunities for Healing</i></b> Andrea Fossati, MD
PATIENT ENGAGEMENT	<b><i>Little Bites: Talking to Your Patients About Nutrition and Pain</i></b> Emily Clairmont, RD
Breakout Session 3, 1:25 - 2:05 PM	
TRAUMA & PAIN	<b><i>Somatic Manifestations of Trauma in Rehabilitation</i></b> Marcus Kurek, PT, MA, SEP
PHARMACOLOGY & THERAPEUTICS	<b><i>Cannabis - The Literature and Lessons Learned in the Field</i></b> Karen Lounsbury, PhD
PAIN CONDITIONS	<b><i>Intestinal Hyperpermeability, Inflammation, and Pain</i></b> Michael Stadtmauer, ND, LAc
PATIENT ENGAGEMENT	<b><i>At the end of the yellow brick road: Using Acceptance and Commitment Therapy to Align with Patients Suffering with Chronic Pain</i></b> Heather Finley, PhD
Breakout Session 4, 2:10 - 2:50 PM	
TRAUMA & PAIN	<b><i>Treating Chronic Pain with Eye Movement Desensitization and Reprocessing</i></b> Naya Pyskacek, LICSW, LADC
PHARMACOLOGY & THERAPEUTICS	<b><i>Sleep Medications, Benefits, and Drawbacks</i></b> Clayton English, PharmD
PAIN CONDITIONS	<b><i>Empowering our Ehlers Danlos Syndrome and Chronic Pain Patients</i></b> Lesli Bell, PT, DPT, CLT-LANA, Jennifer Simpson, PT, OCS
PATIENT ENGAGEMENT	<b><i>The Importance of Diet and Lifestyle in Treating Pain: A Chinese Medicine Approach</i></b> Brendan Kelly, LAc, MAC, Herbalist, NCCAOM

## EXPERIENTIAL WORKSHOPS

The learning continues! Join us for experiential workshops after the conference.

**All workshops are from 6-7:30 PM**

\$25 per workshop, limited spots, first come, first served

May 11, 2021	<b><i>Overview and Applications of Feldenkrais</i></b> Uwe Mester, Feldenkrais® Practitioner
May 13, 2021	<b><i>Health coaching for Chronic Pain</i></b> Becky Curtis, CPMC NBC-HWC
May 18, 2021	<b><i>Applying Motivational Interviewing: Nociceptive Pathways, Sensitivity, and Self-Perception</i></b> David Tomasi, PhD, EdD-PhD, MA, MCS, AAT
May 20, 2021	<b><i>The Kaiut Yoga Method: a Differential Approach to Pain and Restrictions in the Body</i></b> Julia O'Shea, RRT, KYM-400, CWHC
May 25, 2021	<b><i>Therapeutic Yoga for Calming the Nervous System</i></b> Michelle Downing, DPT, OCS, CFMT, RYT
May 27, 2021	<b><i>Myofascial Release for Back, Neck, and Hips</i></b> Jessie Owens, MT
June 1, 2021	<b><i>The Nourish Bowl: Building Balance with Foods for Chronic Pain</i></b> Emily Clairmont, RD and Leah Prior, Chef Educator
June 3, 2021	<b><i>Mindfulness Interventions in Clinical Practice: Trials, Tribulations &amp; Solutions</i></b> Marcus Kurek, PT, MA, SEP