

# **2024 Pain Care Skills Training**

## **Therapeutic Movement-Based Therapies for Pain Management**

**Presented by: Jamie Clapp, PT, DPT, OCS &  
LCDR Ada Dee, DNP, PMHNP- BC, MSN, ACS, RN, 500RYT**

**Offered: 21 AUGUST 2024 AM 0730-1200**

**Location: NIH Natcher Center, Room A/B (downstairs)**

**Description:** Evidence overwhelmingly supports activity engagement in the management of chronic pain. Burnout, compassion fatigue and stress of current events make the incorporation of therapeutic movement and mindfulness practice a necessary skill for both patients and providers. The Therapeutic Movement workshop will provide educational and experiential opportunities for learners to engage in mindful movement.

**Learning Objectives:** Through participation in the Therapeutic Movement, participants will:

1. Discuss current evidence for therapeutic movement in the treatment of chronic pain.
2. Explore how therapeutic movement practices can be used for psychological healing.
3. Describe the benefits of incorporating therapeutic movement can be used to restore function and promote healing in chronic pain.
4. Discover somatic therapy and understand the mind-body connection.
5. Explore techniques used in Somatic Therapy and how those relate to the most known mindful movement practices.
6. Experience mindful movement practice while learning strategies and information to promote patient engagement and safety.
7. Recognize clinical applications of mindful movement for both providers and patients.
8. Evaluate therapeutic principles of Tai Chi, Qi Gong, and Yoga and how they may be applicable in treatment of chronic pain.
9. Experience mindful movement practice while learning strategies and information to promote patient engagement.

### **21 August 2024 AM**

**0730-0900** Present current evidence related to common mindful movement strategies

- I. Evidence related to chronic pain
- II. Relationship of therapeutic movement and function
- III. Review Tai Chi and Qi Gong principles
- IV. Experiential opportunity for Tai Chi
- V. Experiential opportunity for Qigong

**0900-0915 ---Break---**

**0915-1200** Discussing somatic practices with patients

- I. Somatic healing through mindful movement
- II. Somatic therapy for pain
- III. Power of breath and movement in addressing chronic pain
- IV. Experiential opportunity Qi Gong / yoga