

2024 Pain Care Skills Training

Resolving Resonance: Eastern & Energy Medicines for Trauma Healing

Presented by: Dr. Lynne Vance, DACM, BSN, LAc, RN

Offered: 20 AUGUST 2024 AM 0730-1030

Location: NIH Natcher Center, Room A/B

Description: Treatment of chronic pain often requires vibrational therapies to remove remaining signals that may be trapped in body tissues because of physical or emotional traumas...and we all have them. This workshop will feature therapies from Eastern medical models such as Traditional Chinese Medicine and Ayurveda, that involve releasing stored signals. Learn a new auricular acupuncture procedure to use in the clinic.

Learning Objectives:

1. Description of the concepts of trauma, somatization, and resilience, and how they affect pain patients.
2. Receive information about specific integrative methods that can be used to release stored experiences from tissues.
3. Participate in a new auricular therapy treatment created for trauma healing that can be customized for each patient.

20 August 2024 AM

0730-0800 Present current theories and evidence related to stored trauma

- I. Evidence related to the gut-brain connection
- II. Somatization
- III. Vagus nerve connection

0800-0900 Discussion of energy medicine therapies

- I. Frequency Specific Microcurrent
- II. Auricular Acupuncture
- III. Trauma Informed Yoga

0900-0915 ----- BREAK-----

0915-1030 Demonstration & practice of auricular procedure for trauma

- I. Theory explained & ideal patient parameters
- II. Demonstration of procedure
- III. Practice