

# 2024 Pain Care Skills Training Virtual Therapeutic Movement

Presented by: Jamie Clapp, PT, DPT, OCS &  
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Offered: 14 AUG AM 830-1230 EDT

Location: ZoomGov

**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. Describe the benefits of incorporating therapeutic movement can be used to restore function and promote healing.
3. Evaluate therapeutic principles of Tai Chi and Qigong and explore movements to address 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. Illustrate how therapeutic movement practices can be used to support psychological healing.
8. Recognize clinical applications of mindful movement for both providers and patients.

## **14 August 2024 AM Virtual**

- 0830-0915** Present current evidence related to common mindful movement strategies
- I. Evidence related to chronic pain
  - II. Relationship of therapeutic movement and function
  - III. Utilizing focus and intension in treatments
  - IV. Reviewing therapeutic principles of Tai Chi
- 0915-0945** Experiential opportunity for Tai Chi
- 0945-1000** ----- BREAK-----
- 1000-1045** 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
- 1045-1130** Experiential opportunity Qi Gong / yoga
- 1130-1200** Provider applications of therapeutic movement and mindfulness practice
- I. Building Resilience
  - II. Maintaining empathy

III. Increasing provider compassion satisfaction

IV. Intersection of practice, purpose and perseverance