

NATIONAL CAPITAL  
REGION MARKET



## 14<sup>th</sup> Annual

# **PAINCARE** SKILLS TRAINING

**13 AUGUST 2024-Virtual Pre-recorded Plenary**  
**14 & 15 AUGUST 2024 – Live Virtual Workshops**  
**20 & 21 AUGUST 2024 - In-Person Workshops\***  
(NCR & those that can request funding from their MTF  
\*Attendee requirements apply)

*The target audience includes Primary Care teams, Behavioral Health, Pharmacy, Social Work, Specialty Care teams and staff who care for Active Duty service members and beneficiaries.*

*Safety and accessibility are our priorities therefore, due to COVID-19 and the diversity of attendees throughout the MHS this training will be part virtual with interactive workshops via ZoomGov and a small in person training within the NCR.*

*CME/CNEs offered*

### **WEBSITE & REGISTRATION:**

<https://ncrpi.org/2024-pain-care-skills-training-website-home/>

# 2024 Pain Care Skills Training Agenda

*(Plenary will be recorded via ZoomGov)*

**Tuesday 13 AUGUST 2024**

*Moderated by Dr. Christopher Spevak*

**Dr. Anita Hickey Memorial Lecture**

**Pain Reprocessing Theory-60 minute lecture**

**Link will be made available on website starting 13 AUGUST 2024**

*Dr. Yoni Ashar-University of Colorado*

**A Whole Person Perspective on Pain Management-60-minute lecture**

**Link will be made available on website starting 13 AUGUST 2024**

*Dr. Mark Pitcher*

**Operation Supplement Safety -60-minute lecture**

**Link will be made available on website starting 13 AUGUST 2024**

*Dr. Andrea Lindsey*

**CHAMP Program-Mental Fitness Senior Scientist & Head of Leadership Development-60 minute lecture**

**Link will be made available on website starting 13 AUGUST 2024**

*Dr. Gabriel Paoletti*

**Day 1:** August 13, Pre-Recorded Plenary Sessions-ONLY

**Day 2:** August 14, AM/PM Workshops are **all virtual**

**Day 3:** August 15, AM/PM Workshops are **all virtual**

**In-Person Workshops (local)- Bethesda, MD**

**Day 4:** August 20, AM/PM Workshops are **all in-person**

**Day 5:** August 21, AM/PM Workshops are **all in-person**

# VIRTUAL WORKSHOPS

<b>2-Hour Workshops</b>	<b>3-Hour Workshops</b>	<b>4-Hour Workshops</b>
<b>Battlefield Acupuncture (BFA) Instructor Training</b> Dr. Sally Hayes Dr. Richard Niemtow	<b>Buprenorphine for Chronic Pain</b> Dr. Nicole Cornish & Dr. Troy Beckham	<b>Cognitive Behavioral Therapy &amp; Acceptance &amp; Commitment Therapy for Pain</b> Dr. Jessica Richards & Dr. Darren Love
<b>Chronic Pain &amp; PTSD</b> Dr. Katie Hadlandmsyth, Dr. Mary Driscoll, Dr. Nicole Johnson	<b>Fibromyalgia in the Department of Defense: A Rheumatologists' Perspective</b> COL Jess D. Edison & LTC Rachel Robbins	<b>Medical Hypnosis</b> Dr. Harold Wain
<b>Lifestyle &amp; Performance Medicine</b> Maj Breanna Gawrys Dr. Jeffrey Smith	<b>Functional Medicine &amp; Shared Medical Appointments: Force Multipliers for Pain &amp; Performance</b> Dr. Bryan Stepanenko & Dr. Janet Clark	<b>Motivational Interviewing for Pain</b> Dr. Abby Diehl
<b>Pain Essentials in the Primary Care Setting</b> CDR Sean Simmons	<b>Headaches: Evaluation &amp; Treatment Planning</b> Dr. Mitchell Elkiss	<b>Therapeutic Movement (Yoga, Tai Chi &amp; Qigong)</b> Dr. Jamie Clapp & CDR Ada Lee
<b>The Benefits of Using Mindfulness &amp; Hypnotherapy for Pain</b> Dr. Kathleen McChesney	<b>Improving Sleep in Service Members and Veterans with Chronic Pain</b> Dr. Aaron Martin	
	<b>Japanese Meridian Therapy Approach to Pain Management</b> Dr. Tom Ingegno	
	<b>Massage Therapy for Pain</b> Brandi Neuman, LMT & Abigail Simpson, LMT	
	<b>Occupational Therapy to Prevent and Treat Pain using Evidence-Based, Non-Pharmacological Interventions for Recruit to Retiree</b> LT Ruth Chase	
	<b>Orofacial Pain Diagnosis &amp; Management</b> CDR Hillary Metcalf	
	<b>(Pelvic Pain) A Pain in the Pelvis: A Guide for Providers</b> Dr. Katherine Miles	
	<b>Pain and Palliative Care: Opioids, Kids, and Communication Pearls</b> Dr. Alison Wiesenthal, Dr. Marysa Mumphrey & COL Jeremy Edwards	
	<b>Stem Cell &amp; Regenerative Medicine</b> Dr. Arthur Jason De Luigi	
	<b>Self-Care for the Health Care Team</b> Dr. Genelle Weits García	
	<b>When Treatment as Usual Doesn't Fit the Bill: Optimizing Pain Care for Women</b> Dr. Mary Driscoll	

## **Time Breakdown of Virtual Workshop Sessions:**

### **8/14 AM (0830-1230) EDT**

- Improving Sleep in Service Members and Veterans with Chronic Pain – 3 hour workshop (0830-1130) EDT
- Japanese Meridian Therapy Approach to Pain Management - 3 hour workshop (0830-1130) EDT
- Medical Hypnosis Introduction- 4 hour workshop - (0830-1230)\* required for 20 hour course completion
- Occupational Therapy to Prevent and Treat Pain using Evidence-Based, Non-Pharmacological Interventions for Recruit to Retiree - 3 hour workshop (0830-1130) EDT
- (Pelvic Pain) A Pain in the Pelvis: A Guide for Providers - 3 hour workshop (0830-1130) EDT
- Therapeutic Movement (Yoga, Tai Chi, Qigong) – 4 hour workshop (0830-1230) EDT

### **8/14 PM (1300-1700) EDT**

- Chronic Pain & PTSD - 2 hour workshop (1300-1500) EDT
- Functional Medicine & Shared Medical Appointments: Force Multipliers for Pain & Performance - 3 hour workshop (1300-1600) EDT
- Headaches: Evaluation & Treatment Planning – 3 hour workshop (1300-1600) EDT
- Lifestyle & Performance Medicine - 2 hour workshop (1300-1500) EDT
- Pain and Palliative Care: Opioids, Kids, and Communication Pearls - 3 hour workshop (1300-1600) EDT
- Regenerative Medicine & Pain - 3 hour workshop (1300-1600) EDT

### **8/15 AM (0830-1230) EDT**

- Buprenorphine for Chronic Pain - 3 hour workshop (830-1130) EDT
- Motivational Interviewing for Pain – 4 hour workshop (0830-1230) EDT
- Orofacial Pain Diagnosis & Management – 3 hour workshop (830-1130) EDT
- Pain Essentials in the Primary Care Setting - 2 hour workshop (830-1030) EDT
- When Treatment As Usual Doesn't Fit the Bill: Optimizing Pain Care for Women - 3 hour workshop (830-1130) EDT

### **8/15 PM (1300-1700) EDT**

- Battlefield Acupuncture (BFA) Instructor Training – 2 hour workshop (1300-1500) EDT
- Cognitive Behavioral Therapy (CBT) & Acceptance & Commitment Therapy (ACT) for Pain - 4 hour workshop (1300-1700) EDT
- Fibromyalgia in the Department of Defense: A Rheumatologists' Perspective - 3 hour workshop (1300-1600) EDT
- Massage Therapy for Pain - 3 hour workshop (1300-1600) EDT
- Self-Care for the Healthcare Team - 3 hour workshop (1300-1600) EDT
- The Benefits of Using Mindfulness & Hypnotherapy for Pain - 2 hour workshop (1300-1500) EDT

# IN-PERSON WORKSHOPS

## 3-Hour Workshops

## 4-Hour Workshops

## ALL DAY 8 Hours

<p><b>A Return to Peace in the Midst of Chronic Pain – Meditation and Energy Healing</b> Ms. Erica Wigley</p>	<p><b>Art Therapy for Pain</b> Ms. Mallory Van Fossen</p>	<p><b>Medical Hypnosis 12-Hour Course</b> Dr. Harold Wain</p> <p><b>Musculoskeletal Ultrasound</b> Dr. Yin-Ting Chen &amp; LTC Chelsea Hamilton</p>
<p><b>Art of Narrative Medicine</b> Dr. Poonam Bhatia</p>	<p><b>Applying Mindfulness in Practice</b> Dr. Kathleen McChesney</p>	
<p><b>Building Empathy in Healthcare Teams</b> Dr. Jennifer Cheng, Dr. Nicole Cornish, LCDR Jennifer Jabara, DNP &amp; Dr. Karen Baker</p>	<p><b>Battlefield Acupuncture (BFA)-</b> Dr. Arnyce Pock, Dr. Mylene Huynh &amp; Dr. David Riegleman</p>	
<p><b>Fibromyalgia in the Department of Defense: A Rheumatologists' Perspective</b> COL Jess D. Edison &amp; LTC Rachel Robbins</p>	<p><b>Culinary Medicine to Fight Inflammation and Pain</b> Dr. Sina Smith</p>	
<p><b>Pain and Palliative Care: Opioids, Kids, and Communication Pearls</b> Dr. Alison Wiesenthal, Dr. Marysa Mumphrey &amp; COL Jeremy Edwards</p>	<p><b>Dry Needling/TPI/PENS</b> LTC Chelsea Hamilton &amp; MAJ Allison Brozena</p>	
<p><b>Self-Management Techniques for Patients with Chronic Pain</b> Dr. David Riegleman</p>	<p><b>Fascial Distortion Model (Learn Simple Hands-on Techniques to Treat Pain and Dysfunction During Your Next Office Visit)</b> Dr. Joshua Boucher</p>	
<p><b>Thriving and Flourishing: A Multidimensional Approach to Wellbeing &amp; Life Satisfaction</b> Dr. Tara Coles &amp; Dr. David Miller</p>	<p><b>Massage Therapy for Pain</b> Brandi Neuman, LMT &amp; Abigail Simpson-Payne, LMT</p>	
	<p><b>Motivational Interviewing for Pain</b> Maj Abby Diehl</p>	
	<p><b>Physical Examination/Evaluation: (Back &amp; Lower Body)</b> Dr. Franz Macedo &amp; Dr. Rebecca Vogsland</p>	
	<p><b>Principles and Applications of Osteopathic Manipulation and Manual Muscle Testing</b> Dr. Jay Sandweiss</p>	
	<p><b>Resolving Resonance: Eastern &amp; Energy Medicines for Trauma Healing</b> Dr. Lynne Vance</p>	
	<p><b>Therapeutic Movement</b> Dr. Jamie Clapp &amp; LCDR Ada Dee</p>	

## **Time Breakdown of In-Person Workshop Sessions:**

### **8/20 AM (0730-1130) EDT**

- Battlefield Acupuncture (BFA) – 4 hour workshop (730-1130) EDT
- Building Empathy in Healthcare Teams – 3 hour workshop (0730-1030) EDT
- Fibromyalgia in the Department of Defense: A Rheumatologists' Perspective - 3 hour workshop (0730-1030) EDT
- Medical Hypnosis – 4 hour workshop (0730-1130) EDT - **\*1 FULL DAY**
- Pain and Palliative Care: Opioids, Kids, and Communication Pearls - 3 hour workshop (730-1030) EDT
- Physical Examination/Evaluation (Back & Lower Body) – 4 hour workshop (0730-1130) EDT
- Resolving Resonance: Eastern & Energy Medicines for Trauma Healing - 3 hour workshop (0730-1030) EDT

### **8/20 PM (1230-1630) EDT**

- Art of Narrative Medicine - 3 hour workshop (1230-1530) EDT
- A Return to Peace in the Midst of Chronic Pain – Meditation and Energy Healing - 3 hour workshop (1230-1530) EDT
- Dry Needling/TPI/PENS - 4 hour workshop (1230-1630) EDT
- Medical Hypnosis - 4 hour workshop (1230-1630) EDT - **\*1 FULL DAY**
- Principles & Applications of Osteopathic Manipulation & Manual Muscle Testing – 4 hour workshop (1230-1630) EDT
- Self-Management Techniques for Patients with Chronic Pain - 3 Hour workshop (1230-1530) EDT

### **8/21 AM (0730-1130) EDT**

- Applying Mindfulness in Practice - 4 hour workshop (730-1130) EDT
- Art Therapy for Pain – 4 hour workshop (0730-1130) EDT
- Massage Therapy for Pain - 4 hour workshop (730-1130) EDT
- Musculoskeletal Ultrasound – 4 hour workshop (730-1130) EDT - **\*1 FULL DAY**
- Therapeutic Movement-Based Therapies for Pain Management - 4 hour workshop (0730-1130) EDT
- Thriving and Flourishing: A Multidimensional Approach to Wellbeing and Life Satisfaction - 3 hour workshop (730-1030) EDT

### **8/21 PM (1230-1630) EDT**

- Battlefield Acupuncture (BFA) – 4 hour workshop (1230-1630) EDT
- Culinary Medicine to Fight Inflammation and Pain - 4 hour workshop (1230-1630) EDT
- Fascial Distortion Model (Learn Simple Hands-on Techniques to Treat Pain and Dysfunction During Your Next Office Visit) - 4 hour workshop (1230-1630) EDT
- Motivational Interviewing for Pain - 4 hour workshop (1230-1630) EDT
- Musculoskeletal Ultrasound – 4 hour workshop (1230-1630) EDT - **\*1 FULL DAY**
- Principles & Applications of Osteopathic Manipulation & Manual Muscle Testing- 4 hour workshop (1230-1630) EDT

**\*In-Person Attendee Information.**

- **Masks will be made available**
- **Some travel funds may be available; you will need to reach out to NCRPI directly at:**  
**[dha.bethesda.wrnmmc.mbx.pain-skills-training@health.mil](mailto:dha.bethesda.wrnmmc.mbx.pain-skills-training@health.mil)** to inquire.