

# **2025 Pain Care Skills Training (PCST) & Substance Use Disorder (SUD) Combined Agenda**

## **Updates on Therapeutic Movement**

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

**Offered: 13 August 2025, 1300–1700 PM ET**

**Location: ZoomGov**

**Course 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:**

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, Qigong, yoga 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.

### **13 August 1300–1700 PM ET**

1300–1345	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
1345–1415	Experiential Opportunity for Tai Chi
1415–1430	----- BREAK -----

- 1430–1515    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
- 1515–1600    Experiential Opportunity Yoga
- 1600–1630    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
- 1630–1700    Q&A, Discussion, and Wrap-Up