

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

## **Applying Mindfulness & Hypnotherapy to Patients with Pain and Substance Use Affliction**

**Presented by: Kathleen McChesney, M.A., Psy.D.**

**Offered: 19 August 2025, 1230–1630 PM ET**

**Location: Partnership for Public Service, 6th Floor – Room 606**

**Course Description:** Hypnosis and Mindfulness enable unique changes to brain activity that manifest different outcomes depending on the treatment goal of care. This workshop offers participants opportunities to learn, apply and sharpen both hypnotic and mindfulness methods while treating patients with pain and substance use afflictions.

### **Learning Objectives:**

1. Provide a basic understanding of these different models of care to treat pain and substance use conditions.
2. Improve the clinician's readiness to apply different approaches
3. To refine a practitioner's rationale for pursuing one versus another in the treatment of our patients.

### **19 August 1230–1630 PM ET**

1300–1400    Understanding the Basics

I. What is Mindfulness?

A. What Is Mindfulness? History, Function, How it Works

Indications for Use

Contraindications for Use

Practice Example

B. What Is Hypnosis? History, Function, How it Works

Indications for Use

Contraindications for Use

Practice Example

1400–1415    ----- BREAK -----

1415–1545    Break-Out Groups & Case Practices

A. Case 1: Substance Use

B. Case 2: Pain

C. What if There are Both?

1545–1630    Mindful Hypnosis – Yes, We Can Have Both!!

A. What Is Mindful Hypnosis? History, Function, How it Works

Indications Vs. Contraindications for Use

Summary: It's Okay to be in Both Camps!!

B. Pureism Vs. Blending – Be Informed of Your Treatment Goals/Intentions

C. Available Training/Supervisory Opportunities

D. Q &A