

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

Functional Medicine Approach to Understanding and Addressing Autoimmune-Related Pain in the Warfighter

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Offered: 19 August 2025, 1230–1630 PM ET

Location: Partnership for Public Service, 6th Floor – Room 605

Course Description: Practitioners often feel helpless in their ability to affect autoimmune conditions and associated symptoms beyond a referral to specialty care and prescribing of medications. The patient often feels equally helpless to modify their condition beyond waiting for these appointments and taking the prescribed medications. This workshop reveals how the Functional Medicine (FM) framework and operating system, which uses personalized lifestyle and integrative modalities to address root cause disjunction, can be leveraged to empower the practitioner and the patient to take back control and make more meaningful impact. You'll learn how the Functional Medicine approach to care can be applied immediately by any healthcare professional. We'll review patient cases that exemplify what this approach can achieve. We'll also apply these concepts immediately to show you how to leverage these frameworks and understandings immediately to make an impact for your patients. Finally, we'll send you home with tools to start gathering related information before visits and guide you to where you can learn more if you're ready.

Learning Objectives:

1. Define and describe the core tenets and concepts of Functional Medicine (FM) in the military context
2. Describe the four components that define a patient's experience of pain and where FM is uniquely advantaged to add value
3. Understand what puts patients at risk of developing autoimmune conditions, how the body loses "self-tolerance", and what can be done to increase self-tolerance even after an autoimmune process has been initiated.

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1230–1240	Workshop Introduction & Background
1240–1300	Evolution and Definition of FM in the Military Context
1300–1330	FM Approach to Pain
1330–1345	----- BREAK-----
1345–1500	FM Approach to Autoimmune in the Warfighter
1500–1515	----- BREAK-----
1515–1545	Patient Case Examples
1545–1615	Group Activity with Facilitation (Applied to case)
1615–1630	Q & A, Discussion and Wrap-Up