

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

Cultivating Presence in Patient Care Using Emergent Principles of Five Element Theory and the Self-Protective Response

**Presented by: Dr. Lynne Vance, DACM, BSN, LAc, RN and
Dr. Kimberly Coleman, PhD, LAc, RN**

Offered: 20 August 2025, 0730–1130 AM ET

Location: Partnership for Public Service, 6th Floor – Room 610

Course Description: A new integrative model has emerged rooted in principles combining 5 Element Acupuncture and the Self-Protective Response. This new model assists providers in preparing patients to receive treatment. Learn the theoretical basis to the somatization of experience combining 5 Element and polyvagal theories. We will also review how to approach and interact with patients to increase patient resilience, improve the therapeutic relationship, and result in improved patient compliance. Course includes lecture and hands-on workshop with skills practice. Techniques can be used by any healthcare provider.

Learning Objectives:

1. Description of the concepts of the stress response, somatization, and resilience, and how they affect pain and SUD patients.
2. Learn how the 5 Element acupuncture system reflects the western medical model of the concepts related above.
3. Skills practice learning different methods to improve provider awareness and patient compliance.

20 August 0730–1130 AM ET

0730–0830	Present Current Theories And Evidence Related To Stored Experiences <ol style="list-style-type: none">I. Evidence Related to the Stress ResponseII. SomatizationIII. How Resilience Improves Patient Outcomes
0830–0930	Discussion of 5 Element System Related to Somatization <ol style="list-style-type: none">I. Basic TheoryII. Relationship Between ElementsIII. How Emotions and Experiences are Connected
0930–0945	----- BREAK -----
0945–1130	Demonstration & Practice of Patient Approach Techniques <ol style="list-style-type: none">I. How to Assess Your PatientII. Demonstration of ProceduresIII. Practice