



15th Annual

PAINCARE

SKILLS TRAINING



Substance Use Disorder Symposium

12 August 2025 at 1200 ET

LIVE Virtual Session Keynote Lecture via ZoomGov

12 August 2025 at 0730 ET

Release of 8 Virtual Pre-recorded Plenary Sessions

13 August 2025

LIVE AM/PM Virtual Workshops via ZoomGov

19 & 20 August 2025

In-Person Workshops*

Location- Partnership for Public Service, Washington, DC

(NCR and 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 the variety and location of attendees throughout the MHS this training will be partly virtual with interactive workshops via ZoomGov and a limited in person training within the NCR.

CME/CNE/CEUs offered

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

Tuesday, 12 August 2025 from 1200-1300 ET LIVE on ZoomGov

Keynote Dr. Anita Hickey Memorial Lecture

Moderated by Dr. Christopher Spevak

60-minute lecture with Q &A

Dopamine Nation and the Pleasure Pain Balance

Dr. Anna Lembke, Professor and Medical Director of Addiction Medicine,
Stanford University School of Medicine

Tuesday, 12 August 2025 - Pre-recorded Plenary Sessions Released at 0730 ET

All 60-minute lectures

An Overview of the Management of Benzodiazepine Use Disorder

Dr. Logan Adams

Artificial Intelligence in Pain Medicine: Transforming Assessment and Treatment Through Technology

Meredith Adams

Cognitive Functional Therapy for Pain

Dr. Peter O Sullivan

Dr. Richard Niemtzow Memorial Lecture

Pain & Substance Use Disorder an Integrative Approach, *Dr. Ajay Manhapra*

More Than Just Head Pain: The Variety of Headache Disorders and How We Approach Management

Dr. Emmanuelle Schindler

Neuropathic Pain Diagnosis – Using the NEP SIG Guidance to Support Appropriate Treatment

Dr. Harriett Kemp

Substance Use Disorder Prevention

CAPT Christopher Jones

Secret and Arcane Strategies in the Understanding of Substance Use Disorders

Dr. Gerald Busch

Virtual Workshops

2-Hour Workshops	3-Hour Workshops	4-Hour Workshops
Battlefield Acupuncture (BFA) Instructor Training Dr. Erik Koda & Dr. Arynce Pock	Acceptance & Commitment Therapy for Pain and Addiction Kathleen McChesney MA, PsyD	Substance Use Disorders in Women: Unique Challenges, Treatment Strategies for Primary Care Settings, and Legal and Ethical Considerations Tracy Simpson, PhD; Hildi Hagedorn, PhD; Amy Kennedy, MD, MS; Marissa Egipciano, PharmD, MSCP; Adam Gordon, MD; Sara Spinella, MD; Kristyn Straw-Wilson, PharmD, BCPP; Andrea Kalvesmaki, PhD
Hyperbaric Medicine & Pain CDR Derek Miletich, MD & LCDR James Nolan Carter	Beyond Breaking Bad: Substance Abuse Treatment in 2025, including AI, Pop Culture, and Political Sensitivity Cara Burton & Patrick Deleon	Updates on Therapeutic Movement Jamie Clapp, PT, DPT, OCS & CDR Ada Dee, DNP, PMHNP- BC, MSN, ACS, RN, 500RYT
Lifestyle & Performance Medicine Lt Col Breanna Gawrys, MD	Irritable Bowel Syndrome, Fibromyalgia, and Multisystem Illness: Linking Neurobiology to Effective Diagnosis and Treatment Strategies of Nociceptive Pain Syndromes COL (ret) Jess Edison, MD & LTC Rachel Robbins, MD	
Neuropathic Pain Maj James Romano	Navigating Grief, Loss, and Adjustment to Chronic Pain: A Trauma-Informed Approach Jessica Richards, PhD	
	Navigating Polypharmacy in Chronic Pain: Case Studies and Clinical Insights Nicole Cornish, PharmD & Troy Beckham, PharmD, BCPS	
	Opioid Reduction in Pain Management: the UK Perspective Sarah Lewis, MSc, NMP, MStJ	
	Orofacial Pain Evaluation, Diagnosis, and Management CDR James Hawkins, DC, USN	
	Pain and SUD Essentials in the Primary Care Setting Lt Col Patrick Saas, MD, CDR Sean Simmons, Maj David Riegleman, MD	
	Occupational Therapy and Physiotherapy to Prevent & Treat Chronic Pain Across the Servicemembers Lifespan LT Ruth Chase, MA, OTR/L, BCPR & Capt Fiona Lovell	
	Reframing Pain in the Brain: A Sensory Cognitive Toolkit for Engagement with Pain Science Dr. Roger Newport & Oscar Hutton	

Time Breakdown of Virtual Workshop Sessions 8/13 AM (0830 - 1230) ET

Hyperbaric Medicine & Pain	2-hour workshop (0830-1030) ET
Navigating Polypharmacy in Chronic Pain: Case Studies and Clinical Insights	3-hour workshop (0830-1130) ET
Neuropathic Pain	2-hour workshop (0830-1030) ET
Occupational Therapy and Physiotherapy to Prevent and Treat Chronic Pain Across the Servicemembers Lifespan	3-hour workshop (0830-1130) ET
Opioid Reduction in Pain Management: the UK Perspective	3-hour workshop (0830-1130) ET
Orofacial Pain Evaluation, Diagnosis, and Management	3-hour workshop (0830-1130) ET
Pain and SUD Essentials in the Primary Care Setting	3-hour workshop (0830-1130) ET
Reframing Pain in the Brain: A Sensory Cognitive Toolkit for Engagement with Pain Science	3-hour workshop (0830-1130) ET

Time Breakdown of Virtual Workshop Sessions 8/13 PM (1300 - 1700) ET

Acceptance & Commitment Therapy for Pain and Addiction	3-hour workshop (1300-1600) ET
Battlefield Acupuncture (BFA) Instructor Training	2-hour workshop (1300-1500) ET
Beyond Breaking Bad: Substance Abuse Treatment in 2025, including AI, Pop Culture, and Political Sensitivity	3-hour workshop (1300-1600) ET
Irritable Bowel Syndrome, Fibromyalgia, and Multisystem Illness: Linking Neurobiology to Effective Diagnosis and Treatment Strategies of Nociceptive Pain Syndromes	3-hour workshop (1300-1600) ET
Lifestyle & Performance Medicine	2-hour workshop (1300-1500) ET
Navigating Grief, Loss, and Adjustment to Chronic Pain: A Trauma-Informed Approach	3-hour workshop (1300-1600) ET
Substance Use Disorders in Women: Unique Challenges, Treatment Strategies for Primary Care Settings, and Legal and Ethical Considerations	4-hour workshop (1300-1700) ET
Updates on Therapeutic Movement	4-hour workshop (1300-1700) ET

In-Person Workshops

3-Hour Workshops

4-Hour Workshops

FULL DAY Workshop

Easy Communications Skills for Difficult Situations (Pain & SUD cases)

COL Jeremy Edwards, DO & Dr. Alison Wiesenthal

Active Therapies for Pain: A Physical Therapist's Guide to Improved Patient Outcomes

LTC Nichlas Koreerat, Dr. Elissa Wolf, Dr. Katherine Kroh

MSK Ultrasound for Pain

LTC Yin-Ting Chen & LTC Chelsea Hamilton

Self-Care & Peer Support for Providers & Self Care for the Pain & SUD Patient

Leianne Pouliot, LCSW & Maj Kyle Kreff

Applying Mindfulness & Hypnotherapy to Patients with Pain & Substance Use Affliction

Kathleen McChesney, MA, PsyD

Art Therapy for Pain & SUD

Mallory Van Fossen

Battlefield Acupuncture (BFA)

Dr. Arnyce Pock, Elyse Greenberg, Col Gregory Kahl, Dr. Mylene Huynh, Michelle Nordstrom

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

Lynne Vance, DACM, BSN, LAc, RN & Dr. Kim Coleman

DoD Workplace Drug Testing & Medical Review Officer

LTC Marisol Castaneto, PhD

Dry Needling/TPI/PENS

LTC Chelsea Hamilton & Atossa Tahvildary

FDM-A Simple Manipulation Technique that Works Now (Fascial Distortion Model)

MAJ Joshua Boucher & LT Allison Henkenius

Functional Medicine Approach to Understanding & Addressing Autoimmune-related Pain in the Warfighter

Dr. Bryan Stepanenko

Massage Therapy for Pain

Abigail Simpson-Payne, LMT & Emilia Valenzuela

Medical Hypnosis - Dr. Harold Wain

Meditation – A Pathway to Living Stress-Free (with skills practice) - Carmen Palmer

Motivational Interviewing for Pain and SUD

Maj Jordan Ellis, PhD & Capt Christian Record-Jackson

Nutrition & Supplements to Fight Inflammation & Pain

Christie Achenbach, MS, RD, CSSD, CSCS & Deanna Busteed

Physical Examination/Evaluation (Neck/Back/Lower)

Lt Col Patrick Saas, MD, Maj David Riegleman, MD & Maj James Romano, DO

Practical Cupping Therapy for Pain Management

Tom Ingegno DACM, MSOM, LAC

Principles and Applications of Osteopathic Manipulation and Manual Muscle Testing

Jay Sandweiss DO, C NMM/OMM, DABMA, FAAMA

Updates to Therapeutic Movement-Based Therapies for Pain Management - Jamie Clapp, PT, DPT, OCS & LCDR Ada Dee, DNP, PMHNP-BC, MSN, ACS, RN, 500RYT

Time Breakdown of In-Person Workshop Sessions 8/19 AM (0730 - 1130) ET

Active Therapies for Pain: A Physical Therapist's Guide to Improved Patient Outcomes	4-hour workshop (0730-1130) ET
Battlefield Acupuncture (BFA)	4-hour workshop (0730-1130) ET
Medical Hypnosis	4-hour workshop (0730-1130) ET
Motivational Interviewing for Pain and SUD	4-hour workshop (0730-1130) ET
MSK Ultrasound for Pain	FULL DAY (0730-1130) ET
Self-Care & Peer Support for Providers & Self Care for the Pain & SUD Patient	3-hour workshop (0730-1030) ET

Time Breakdown of In-Person Workshop Sessions 8/19 PM (1230 - 1630) ET

Applying Mindfulness & Hypnotherapy for Patients with Pain and Substance Use Affliction	4-hour workshop (1230-1630) ET
Art Therapy for Pain & SUD	4-hour workshop (1230-1630) ET
Functional Medicine Approach to Understanding and Addressing Autoimmune-related Pain in the Warfighter	4-hour workshop (1230-1630) ET
MSK Ultrasound for Pain	FULL DAY (1230-1630) ET
Practical Cupping Therapy for Pain Management	3-hour workshop (1230-1530) ET
Principles & Applications of Osteopathic Manipulation & Manual Muscle Testing	4-hour workshop (1230-1630) ET

Time Breakdown of In-Person Workshop Sessions 8/20 AM (0730 - 1130) ET

Cultivating Presence in Patient Care Using Emerged Principles of Five Element Theory and the Self-Protective Response	4-hour workshop (0730-1130) ET
DoD Workplace Drug Testing and Medical Review Officer	4-hour workshop (0730-1130) ET
FDM - A Simple Manipulation Technique that Works Now (Fascial Distortion Model)	4-hour workshop (0730-1130) ET
Meditation – A Pathway to Living Stress-Free (with skills practice)	4-hour workshop (0730-1130) ET
Nutrition and Supplements to Fight Inflammation and Pain	4-hour workshop (0730-1130) ET
Updates to Therapeutic Movement-Based Therapies for Pain Management	4-hour workshop (0730-1130) ET

Time Breakdown of In-Person Workshop Sessions 8/20 PM (1230 - 1630) ET

Battlefield Acupuncture (BFA)	4-hour workshop (1230-1630) ET
Dry Needling/TPI/PENS	4-hour workshop (1230-1630) ET
Easy Communication Skills for Difficult Situations (Pain & SUD Cases)	3-hour workshop (1230-1530) ET
Massage Therapy for Pain	4-hour workshop (1230-1630) ET
Physical Examination/Evaluation (Neck, Back & Lower Extremity)	4-hour workshop (1230-1630) ET
Principles and Applications of Osteopathic Manipulation and Manual Muscle Testing	4-hour workshop (1230-1630) ET

***In-Person Attendee Information**

- Masks will be made available onsite
- 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 to inquire.

Scan here to go to the webpage & registration

Or copy and paste this link:

[https://ncrpi.org/2025-combined-pcst-sud-
website-home/](https://ncrpi.org/2025-combined-pcst-sud-website-home/)

