

2026 Combined Pain Care Skills & Substance Use Disorder Training Agenda

Adjunct Manual Therapies in East Asian Medicine

Presented by: Dr. Tom Ingegno, DACM

Offered: 19 August 2026; 0730-1030 AM ET

Location: National Union Building, Washington, DC

Description: This class will be an exploration of techniques from East Asian Medicine that are often combined with acupuncture and massage. This will include Cupping Therapy, gua sha, Manaka Hammer, Japanese Da Shin Technique, and Thai Tok Sen.

Learning Objectives: Upon completion of this workshop, participants will be able to:

1. Understand the practical uses for these techniques for various conditions
2. Be aware of contraindications and concerns
3. Describe the techniques to patients prior to performing or referring
4. Discuss these techniques within the realm of East Asian Medicine

19 August 2026; 0730-1030 AM ET

0730–0815 Overview of Manual Therapies in East Asian Medicine

0815–0845 Common Uses and Contraindications

0845–0900 ----- BREAK-----

0900–0915 Overview of the various tools

0915–0945 Demonstration of techniques

0945–1015 Practice

1015–1030 Q & A