

2026 Combined Pain Care Skills & Substance Use Disorder Training Agenda

Art Therapy for Pain & SUD

Presented by: Lacy Mucklow, MA, ATR-BC, LPAT-S, LCPAT, ATCS, CCTP, CIMHP, CMIP

Offered: 19 August 2026; 0730-1130 AM ET

Location: National Union Building, Washington, DC

Description: This presentation will provide an overview of art therapy, including its history and application in a variety of settings, including mental health and medical clinics. In addition, the application of art therapy for pain management and substance use disorder treatment will be addressed. This will be done by exploring how art therapy can serve as a non-pharmacological intervention to modulate pain perception, to assist in recovery goals, and to address underlying issues that may accompany chronic pain and substance use. Art-making experientials will be facilitated in order to provide a hands-on learning opportunity for attendees for greater understanding.

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

1. Attendees will be able to identify the clinical relevance of art therapy in psychological and medical settings.
2. Attendees will identify the neurological and psychological benefits of the integrative approach of art therapy for those dealing with chronic pain.
3. Attendees will identify the benefits of creative expression through art therapy in substance use/addictions treatment.
4. Attendees will be able to explore art therapy interventions that can facilitate emotional regulation and self-expression, while understanding the physiology undergirding these methods.

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0730–0800 Introduction to Art Therapy overview
0800–0830 Art Therapy with Chronic Pain
0830–0930 Artmaking Experiential for Pain with discussion
0930–0945 BREAK
0945–1015 Art Therapy with Substance Use Disorder
1015–1115 Artmaking Experiential for SUD with discussion
1115–1130 Q&A and Conclusion