

2026 Combined Pain Care Skills & Substance Use Disorder Training Agenda

H2F System Training

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Offered: 19 August 2026; 1230-1630 PM ET

Location: National Union Building, Washington, DC

Description: This workshop provides advanced pain management skills by leveraging the U.S. Army's Holistic Health and Fitness (H2F) System. Participants will explore how the H2F Domains, its H2F Performance Team, and interdisciplinary team approach work in concert to optimize performance, mitigate injuries, build readiness, accelerate recovery, and increase lethality. The training will have a special focus on implementing H2F principles and Tactical Mobility Active Recovery and Mindfulness (TMAR-M) techniques to proactively manage pain and improve the overall readiness of the Service Member.

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

1. Understand the H2F System: Understand the five Domains of the Holistic Health and Fitness (H2F) System.
2. Recognize Domain Support: Recognize how each H2F Domain supports the performance, recovery, and lethality of the Service Member.
3. Build Adaptability: Identify concrete strategies to build and sustain adaptability within the Service Member.
4. Apply TMAR-M: Apply Tactical Mobility Active Recovery and Mindfulness (TMAR-M) techniques for effective, non-pharmacological pain management.
5. Implement Strategies: Analyze specific patient case studies to implement these interdisciplinary recommendations into practice.

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1230–1315	H2F System 101 Brief
1315–1330	Physical Domain and TMAR-M: Incorporating TMAR-M into pain management plans
1330–1345	Seated Restorative TMAR-M
1345–1430	Nutrition Domain: How nutrition impacts inflammation, recovery, and pain
1430–1445	----- BREAK-----
1445–1505	Mental and Spiritual Domain: Emotions, thoughts, sensations, memories, movement
1505–1525	Mindful Walk
1525–1545	Sleep Domain: Sleep and pain
1545–1615	Case Study
1615–1630	Q & A