

2026 Combined Pain Care Skills & Substance Use Disorder Training Agenda

A Multi-modal approach to Women's Midlife Change Symptoms: Impact of Perimenopause & Menopause

Presented by: Felice Indindoli, D.Ac., L.Ac., MSCP, dipl AC NCBAHM; Christina Conley, DPT; Kelcie Duesler, PMHNP-BC, CARN-AP, Chivi Kapungu, PhD, PMH-C.

Offered: 12 August 2026; 0830 - 1130 AM ET

Location: ZoomGov

Description: Research suggests that women veterans may experience early menopause (under age 45) resulting from their military exposure. With the onset of perimenopause as early as 8-10 years prior to menopause, women in active service may experience burdensome symptoms which include pain. Multi-modal care is not only a best practice for pain management, but also for the symptoms of menopause transition. Evidence-based CIH modalities such as acupuncture, pelvic floor therapy, and behavioral interventions can improve quality of life by alleviating symptoms and optimizing health as women in active service roles approach midlife.

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

1. Identify a patient population at higher risk for multiple pain diagnoses and risky opioid prescribing due to menopause symptom burden.
2. Explain acupuncture as an evidence based CIH intervention for the treatment of pain and menopausal symptoms
3. Understand the core concepts and research around Empowered Relief®, a single-session, evidence-based pain management intervention for patients and its implementation within the VA setting
4. List common symptoms of pelvic floor dysfunction due to menopause and describe pathophysiology and treatment of pelvic pain
5. Understand how Cognitive Behavioral Therapy-Menopause, as an evidence based treatment for managing the biopsychosocial-cultural impact of menopausal symptoms and its implementation within the VA setting.

12 AUGUST 2026; 0830-1130 ET AM

0830-0930	Pain and Menopause Symptom Burden: context, risk factors, and Complementary and Integrative Health intervention	Felice Indindoli
0930-0950	Pelvic floor therapy: pain and menopause	Christine Conley
0950-1005	BREAK	
1005-1035	Empowered Relief and pain self-management	Kelcie Duesler
1035-1105	CBT-menopause: menopause symptom management	Chivi Kapungu
1105-1130	Q&A and Group Discussion	