

# 2026 Combined Pain Care Skills & Substance Use Disorder Training Agenda

## Pain Reprocessing Therapy

**Presented by:** Dr. Gretchen Pound, PhD, RYT-500

**Offered:** 19 August 2026; 1230–1630 PM ET

**Location:** National Union Building, Washington, DC

**Description:** This workshop introduces professionals to the neuroscience of chronic pain and teaches practical skills from Pain Reprocessing Therapy (PRT) to reduce pain and improve functioning. Participants will learn how the brain and nervous system contribute to persistent pain and how to retrain these systems using evidence-based techniques. The course integrates military-relevant stressors and builds skills for resilience, recovery, and self-efficacy.

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

1. Explain the difference between acute and chronic pain using a neuroscience framework
2. Describe how the brain and nervous system generate and maintain pain (central sensitization)
3. Identify the role of fear, avoidance, and hypervigilance in the pain cycle
4. Apply at least three Pain Reprocessing Therapy (PRT) techniques to reduce pain
5. Reframe pain-related thoughts to decrease catastrophizing and threat perception
6. Practice somatic tracking and safety-based attention to regulate the nervous system
7. Develop a personalized plan to gradually return to meaningful activities

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1230–1330 The Science Behind Pain

- Welcome and reframing
- Research-based history of chronic pain
- Pain vs. injury
- The fear-pain cycle

1330–1430 The Brain, Nervous System & Pain

- How the brain creates pain
- Central sensitization explained
- The role of stress and trauma
- Interactive exercise: Pain mapping

1430–1500 Break

1500–1600 Pain Reprocessing Therapy Skills

- Core principles of PRT
- Somatic tracking
- Cognitive reappraisal
- Safety messaging and self-talk

1600–1620 Personalized Pain Recovery Plan

- Identify pain triggers and patterns