

2026 Combined Pain Care Skills & Substance Use Disorder Training Agenda

Updates on Therapeutic Movement

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Offered: 12 August 2026; 1300-1700 PM ET

Location: ZoomGov

Description: This Therapeutic Movement workshop explores the power of mindful movement as an essential skill for both patients and providers. Drawing on overwhelming evidence for its benefits in managing chronic pain and supporting substance use disorder treatment, this session will provide educational and experiential opportunities for learners. Participants will engage in mindful movement practices to build resilience and effectively address burnout, compassion fatigue, and the stresses of current events.

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

1. Discuss the evidence supporting therapeutic movement for managing chronic pain and substance use disorder.
2. Explain how therapeutic movement can be used to restore physical function and promote psychological healing.
3. Describe the core principles of somatic therapy and the mind-body connection.
4. Evaluate the therapeutic applications of Tai Chi, Qi Gong, and Yoga in the treatment of chronic pain.
5. Apply mindful movement techniques to enhance patient engagement and safety.
6. Identify clinical applications of mindful movement to support the well-being of both patients and providers.
7. Demonstrate mindful movement practices through direct, guided experience.

12 August 2026; 1300-1700 PM ET

1300-1345 The Science of Mindful Movement

- I. Reviewing the evidence for chronic pain and substance use disorders.
- II. Connecting therapeutic movement to functional restoration.
- III. Harnessing breath, focus, and intention as therapeutic tools.

1345-1415 Guided Practice: Foundational Breathwork

- I. An experiential session focused on core breathing techniques.

1415-1430 BREAK

1430-1530 Integrating Somatic Practices into Patient Care

- I. Establishing a trauma-informed environment for healing.
- II. Applying somatic therapy principles for pain management and recovery.

1530-1615 Guided Practice: Therapeutic Yoga

- I. An experiential session exploring gentle yoga for healing and body awareness.

1615-1700 For the Provider: Building Resilience and Preventing Burnout

- I. Techniques for maintaining empathy and increasing compassion and satisfaction.
- II. Questions and answers