

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

## Updates to Therapeutic Movement-Based Therapies for Pain Management

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**Offered:** 19 August 2026; 0730-1130 AM ET

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

**Description:** Evidence overwhelmingly supports activity engagement in the management of chronic pain. Burnout, compassion fatigue and stress of current events make the incorporation of therapeutic movement and mindfulness practice a necessary skill for both patients and providers. The Therapeutic Movement workshop will provide educational and experiential opportunities for learners to engage in mindful movement.

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

1. Discuss current evidence for therapeutic movement in the treatment of chronic pain.
2. Explore how therapeutic movement practices can be used for psychological healing.
3. Describe the benefits of incorporating therapeutic movement can be used to restore function and promote healing in chronic pain.
4. Discover somatic therapy and understand the mind-body connection.
5. Explore techniques used in Somatic Therapy and how those relate to the most known mindful movement practices.
6. Experience mindful movement practice while learning strategies and information to promote patient engagement and safety.
7. Recognize clinical applications of mindful movement for both providers and patients.
8. Evaluate therapeutic principles of Tai Chi, Qi Gong, and Yoga and how they may be applicable in treatment of chronic pain.
9. Experience mindful movement practice while learning strategies and information to promote patient engagement.

### **19 August 2026; 0730-1130 AM ET**

0730–0900 Present current evidence related to common mindful movement strategies

- I. Evidence related to chronic pain
- II. Relationship of therapeutic movement and function
- III. Review Tai Chi and Qi Gong principles
- IV. Experiential opportunity for Tai Chi
- V. Experiential opportunity for Qigong

0900–0915 ---Break ---

0915–1130 Discussing somatic practices with patients

- I. Somatic healing through mindful movement
- II. Somatic therapy for pain
- III. Power of breath and movement in addressing chronic pain
- IV. Experiential opportunity Qi Gong / yoga