



16th Annual

PAINCARE
SKILLS TRAINING



**Substance Use
Disorder Symposium**

11 August 2026

**LIVE Virtual Keynote Lecture at 1200 ET
Release of 6 Pre-recorded Plenary Sessions**

12 August 2026

LIVE AM/PM Virtual Workshops via ZoomGov

18 & 19 August 2026

AM/PM In-Person Workshops*

National Union Building, 918 F St NW, Washington, DC 20004

(In-Person workshops are open to those in the National Capital Region and to those that can request funding from their MTF.

***Attendee requirements apply)**

The target audience includes Primary Care teams, Behavioral Health, Pharmacy, Social Work, Specialty Care teams and staff who care for Active-Duty service members and beneficiaries. Safety and accessibility are our priorities therefore, due to the variety and location of attendees throughout the MHS this training will be partly virtual with interactive workshops via ZoomGov and a limited in person training within the NCR.

CME/CNE & CEUs offered

2026 Combined Pain Care Skills & Substance Use Disorder Training Agenda

(Live Keynote Lecture will be streamed via ZoomGov)

Tuesday, 11 August 2026 from 1200-1300 ET

Keynote Lecture: Dr. Anita Hickey Memorial Lecture

Intersection of Hyperalgesia and Hyperkatifeia as a Driving Force for Negative Reinforcement in Addiction

Dr. George Koob, PhD, Director of the National Institute on Alcohol Abuse and Alcoholism

Moderated by Dr. Christopher Spevak

60-minute lecture with Q&A

Tuesday, 11 August 2026 - Pre-recorded Plenary Sessions Released at 0730 ET

All 60-minute lectures

Dr. Richard Niemtow Memorial Lecture

Sleep in the Military: Spanning the Field to the Clinic

LTC Connie Thomas

Drug Interactions & Cardiovascular Complications in Pain Management

Dr. Abigail Brooks

Gas Station and Corner Store Drugs: What Clinicians Need to Know About Kratom, Tianeptine, and Other Emerging Substances

Dr. Arwen Podesta

Neuroplastic Recovery Therapies for Chronic Pain

Dr. Mark Lumley PhD

Transcranial Stimulation for Alcohol Use Disorders & Chronic Pain

Dr. Diana Martinez

Urine Drug Testing /Opioid Metabolic Pathways

Dr. Stephanie Weiss

Virtual Workshops

2-Hour Workshops	3-Hour Workshops	4-Hour Workshops
Battlefield Acupuncture (BFA) Instructor Training Dr. Erik Koda & Dr. Arnyce Pock	A Multi-modal Approach to Women's Midlife Change Symptoms: Impact of Perimenopause & Menopause Felice Indindoli, Kelcie Duesler, Christina Conley & Dr. Chivi T. Kapungu	Updates on Therapeutic Movement Jamie Clapp, DPT, CDR Ada Dee, DNP, Katrina Macy, M.S.
Neuropathic Pain - More Specific Breakdown Maj James Romano	Acceptance & Commitment Therapy for Pain LCDR John Mallory	
Resilient Warrior: A Data-Driven Lifestyle & Performance Medicine Approach to Recovery and Pain Management Maj Jeffrey Smith	Bite-Sized Wellbeing for the Healthcare Worker Dr. Bryan Sexton	
Stump Pain and Phantom Limb Pain After Combat-Related Amputation: Mechanisms, Risk Factors, and Treatment Strategies from a Ukrainian Perspective Dr. Dmytro Dmytriiev	Fibromyalgia and Chronic Multisystem Illness: Linking Neurobiology to Effective Diagnosis and Treatment Strategies of Nociceptive Pain Syndromes COL (ret) Jess Edison, MD & LTC Rachel Robbins, MD	
Warfighter Gut Health: Functional Frameworks for Optimal Performance Dr. Bryan Stepanenko	Navigating Buprenorphine, Polypharmacy, and Controlled Substance Monitoring in Chronic Pain: A Case Based Approach Troy Beckham, PharmD, BCPS & Dr. Ami Patel	
	Orofacial Pain Evaluation, Diagnosis, and Management CDR James Hawkins, DC, USN	
	Performance Enhancing Drugs and Synthetic Cannabinoids – Prevalence of Use in the Military COL Marisol Castaneto, PhD & Dr. Heather Neuder	
	Regenerative Medicine (Prolotherapy, Prolozone, PRP, and Bone Marrow Aspirate Concentrate - BMAC, Stem Cell) Dr. Arthur Jason DeLuigi	
	Self-Care Management for the Patient with Pain Lt Col Patrick Saas, MD & Maj David Riegleman, MD	
	Suicide Prevention Refresher & Updates Kathleen McChesney, MA, PsyD	

Time Breakdown of Virtual Workshop Sessions 8/12 AM (0830 - 1230) ET

A Multi-modal Approach to Women's Midlife Change Symptoms: Impact of Perimenopause & Menopause	3-hour workshop (0830-1130) ET
Acceptance and Commitment Therapy (ACT) Techniques to Treat Chronic Pain	3-hour workshop (0830-1130) ET
Bite-Sized Wellbeing for the Healthcare Worker	3-hour workshop (0830-1130) ET
Navigating Buprenorphine, Polypharmacy, and Controlled Substance Monitoring in Chronic Pain: A Cased Based Approach	3-hour workshop (0830-1130) ET
Neuropathic Pain – More Specific Breakdown	2-hour workshop (0830-1030) ET
Resilient Warrior: A Data-Driven Lifestyle & Performance Medicine Approach to Recovery and Pain Management	2-hour workshop (0830-1030) ET
Stump Pain and Phantom Limb Pain After Combat-Related Amputation: Mechanisms, Risk Factors, and Treatment Strategies from a Ukrainian Perspective	2-hour workshop (0830-1030) ET
Warfighter Gut Health: Functional Frameworks for Optimal Performance	2-hour workshop (0830-1030) ET

Time Breakdown of Virtual Workshop Sessions 8/12 PM (1300 - 1700) ET

Battlefield Acupuncture (BFA) Instructor Training	2-hour workshop (1300-1500) ET
Fibromyalgia and Chronic Multisystem Illness: Linking Neurobiology to Effective Diagnosis and Treatment Strategies of Nociceptive Pain Syndromes	3-hour workshop (1300-1600) ET
Orofacial Pain Evaluation, Diagnosis, and Management	3-hour workshop (1300-1600) ET
Performance Enhancing Drugs and Synthetic Cannabinoids – Prevalence of Use in the Military	3-hour workshop (1300-1600) ET
Regenerative Medicine (Prolotherapy, Prolozone, PRP, & Bone Marrow Aspirate Concentrate - BMAC, Stem Cell)	2-hour workshop (1300-1500) ET
Self-Care Management for the Patient with Pain	3-hour workshop (1300-1600) ET
Suicide Prevention Refresher & Updates	3-hour workshop (1300-1600) ET
Updates on Therapeutic Movement	4-hour workshop (1300-1700) ET

In-Person Workshops

3-Hour Workshops	4-Hour Workshops	FULL DAY Workshop
Adjunct Manual Therapies in East Asian Medicine Dr. Tom Ingegno DACM, MSOM, Lac	A Neuroscience-Based Approach to Chronic Pain Recovery: Using Pain Reprocessing Therapy Pain Reprocessing Therapy Workshop Dr. Gretchen Pound	MSK Ultrasound for Pain CPT Min Chen & LTC Chelsea Hamilton
Battlefield Acupuncture (BFA) Dr. Arnyce Pock, Dr. Mylene Huynh, Michelle Nordstrom	Anti-inflammatory Nutrition with Cooking Demo Dr. Lynne Vance, DACM, BSN, Lac, RN	
Easy Communications Skills for Difficult Situations (Pain & SUD cases) COL Jeremy Edwards, DO & Dr. Alison Wiesenthal	Art Therapy for Pain & SUD Lacy Mucklow	
Harnessing Neuroplasticity in Occupational Therapy and Rehabilitation: Graded Motor Imagery for Pain LT Ruth Chase, Tonya Rich & Lindsay Marth	Ethical Crossroads in Pain Management & SUD: A Bioethics Workshop COL Jeremy Edwards & CPT Erin Scroggins	
H2F (Army Holistic Health & Fitness) System Training MAJ Lina Ochoa, CPT Jewel Ory, Ms. Jessica Obiedzinski	Dry Needling/TPI/PENS LTC Chelsea Hamilton & Atossa Tahvildary	
	FDM-A Simple Manipulation Technique that Works Now (Fascial Distortion Model) MAJ Joshua Boucher	
	Functional Medicine for Warfighter Gut Dysfunction: An Interactive and Case-Based Discussion Dr. Bryan Stepanenko	
	Massage Therapy for Pain Abigail Simpson-Payne, LMT & Matthew Morrison	
	Medical Hypnosis Dr. Harold Wain	
	Motivational Interviewing for Pain & SUD Lt Col Daniel Cassidy	
	Physical Examination/Evaluation (Neck/Back/Lower) Lt Col Patrick Saas, MD, Maj David Riegleman, MD & Maj James Romano, DO	
	Principles and Applications of Osteopathic Manipulation and Manual Muscle Testing for Health Professionals: Treating Pain and Dysfunction without Drugs and Surgery - Part 1 & Part 2 Jay Sandweiss DO, C NMM/OMM, DABMA, FAAMA	
	Updates to Therapeutic Movement-Based Therapies for Pain Management Jamie Clapp, PT, DPT, OCS & LCDR Ada Dee, DNP, PMHNP- BC, MSN, ACS, RN, 500RYT	
	The Effect of Transcendental Meditation on Pain Management Brian M. Rees MD, MPH & Frederick Travis, Ph.D.	
	What Happens in Vagus Stays in Vagus: The Role the Vagus Nerve in Immunity Regulation, Inflammation, Pain & Trauma Dr. Kathleen McChesney	

Time Breakdown of In-Person Workshop Sessions 8/18 AM (0730 - 1130) ET

Battlefield Acupuncture (BFA)	4-hour workshop (0730-1130) ET
Ethical Crossroads in Pain Management & SUD: A Bioethics Workshop	3-hour workshop (0730-1130) ET
Functional Medicine for Warfighter Gut Dysfunction: An Interactive and Case-Based Discussion	4-hour workshop (0730-1130) ET
Motivational Interviewing for Pain and SUD	4-hour workshop (0730-1130) ET
MSK Ultrasound for Pain	FULL DAY (0730-1130) ET
The Effect of Transcendental Meditation on Pain Management	4-hour workshop (0730-1130) ET

Time Breakdown of In-Person Workshop Sessions 8/18 PM (1230 - 1630) ET

Anti-inflammatory Nutrition with Cooking Demo	4-hour workshop (1230-1630) ET
Harnessing Neuroplasticity in Occupational Therapy and Rehabilitation: Graded Motor Imagery for Pain	3-hour workshop (1230-1530) ET
FDM-A Simple Manipulation Technique that Works Now (Fascial Distortion Model)	4-hour workshop (1230-1630) ET
Medical Hypnosis	4-hour workshop (1230-1630) ET
MSK Ultrasound for Pain	FULL DAY (1230-1630) ET
Principles & Applications of Osteopathic Manipulation & Manual Muscle Testing - PART 1 (Basic)	4-hour workshop (1230-1630) ET

Time Breakdown of In-Person Workshop Sessions 8/19 AM (0730 - 1130) ET

Adjunct Manual Therapies in East Asian Medicine	3-hour workshop (1230-1630) ET
Art Therapy for Pain & SUD	4-hour workshop (0730-1130) ET
Massage Therapy for Pain	4-hour workshop (0730-1130) ET
Physical Examination/Evaluation (Neck, Back & Lower Extremity)	4-hour workshop (0730-1130) ET
Updates to Therapeutic Movement-Based Therapies for Pain Management	4-hour workshop (0730-1130) ET
What Happens in Vagus Stays in Vagus: The Role of the Vagus Nerve in Immunity Regulation, Inflammation, Pain & Trauma	4-hour workshop (0730-1130) ET

Time Breakdown of In-Person Workshop Sessions 8/19 PM (1230 - 1630) ET

Battlefield Acupuncture (BFA)	4-hour workshop (1230-1630) ET
Dry Needling/TPI/PENS	4-hour workshop (1230-1630) ET
Easy Communication Skills for Difficult Situations (Pain & SUD Cases)	3-hour workshop (1230-1530) ET
H2F (Army Holistic Health & Fitness) System Training	4-hour workshop (1230-1630) ET
Pain Reprocessing Therapy Workshop	4-hour workshop (1230-1630) ET
Principles and Applications of Osteopathic Manipulation and Manual Muscle Testing - PART 2 (Advanced)	4-hour workshop (1230-1630) ET

***In-Person Attendee Information**

- Some travel funds may be available; you will need to reach out to NCRPI directly at: dha.bethesda.wrnmmc.mbx.pain-skills-rainig@health.mil to inquire.

Scan here to go to the webpage & registration QR HERE:

