

Presented by UVM Integrative Health
Hosted by the University of Vermont College of Nursing and Health Sciences

April 7

Integrative Pain Management Conference

National Experts, Local Focus

Agenda:

- 7:45** **Registration and Breakfast**
- 8:30** **Welcome:** Janet Kahn, PhD, LMT, Integrative Pain Management Course Director
- 9:00** **Keynote:** *Fighting Cerberus: The Three-Headed Danger of Chronic Pain, Opioid Misuse, and Mental Health Conditions*
Bob Twillman, PhD, Executive Director, Academy of Integrative Pain Management
- 9:45** **Plenary:** *The How and Why of Integrative Medical Group Visits*
Paula Gardiner, MD, MPH, Dept. of Family Medicine, Boston University School of Medicine
- 10:30** **Plenary:** *Strategies for Addressing Trauma in the Chronic Pain Population*
Katy Hansen, ANP-BC, Vanderbilt University Medical Center
- 11:15** **Demonstrations and Exhibits**
- 11:30** **Breakout Session 1**
- 12:15** **Lunch & Integrative Practitioner Database Release**
Cara Feldman-Hunt, MA, UVM Integrative Health
- 12:50** **Plenary:** DoD & VA: Integrative Approaches to Pain Measurement & Management
Col. Chester "Trip" Buckenmaier III, MD (DoD & DVCIPM), Ben Kligler MD, MPH (VA)
- 1:45** **Breakout Session 2**
- 2:30** **Refreshments, Demonstrations and Exhibits**
- 2:45** **Breakout Session 3**
- 3:30** **Breakout Session 4**
- 4:15** **Closing Panel:** *How to Create and Sustain Good Integrative Referral Relationships*
John Bisaccia, DC; Janet Carscadden, PT, DPT, E-RYT, YACEP; Susan Jaynes, FNP; Anne Knott, MD; Amy Littlefield, ND; Maureen Slayton, Massage Therapist; Moderated by Janet Kahn, PhD
- 5:00** **Adjourn**

Plenaries: Grand Maple Ballroom: Silver (401)
Exhibit Hall: Livak Fireplace Lounge & Gallery (414)
Demonstrations: Grand Maple Ballroom: Sugar (400)

Breakouts & Demonstrations

Demonstrations will take place from 11:30-4:15 in the sugar maple room. Sign up at the Registration desk and in the Demonstration room.

Demonstrations include acupuncture, emotional freedom technique, feldenkrais technique, massage therapy, myofascial optimization, and yoga therapy.

11:30-12:15: Breakout Session 1

1. Cognitive Behavioral Therapy Explained Ginger Cloud, MS, LCMHC, LADC	Jost Foundation Room 422
2. Fascia, Stretching, Inflammation and Musculoskeletal Pain Helene Langevin, MD PhD, Michael Kanevsky, MD	Frank Livak 417
3. Medical Cannabis in the Treatment of Chronic Pain: The Evidence and Clinical Essentials for Improving Function and Reducing Opioid Use in Your Patients Dustin Sulak, MD	Mildred Livak 419
4. The Healing Kitchen: Anti-Inflammatory Approach to Pain Andrea Fossati, MD; Kim Evans, MS, RD	Chittenden Bank Room 413

1:45-2:30 Breakout Session 2

1. Evidence-Informed Yoga for Chronic Pain Janet Carscadden, PT, DPT, PCS, E-RYT	Mildred Livak 419
2. Happiness of the Healer: Positive Psychology Applications Andrew Rosenfeld, MD	Jost Foundation Room 422
3. Communicating with Patients about Pain and Integrative Therapies Katie Hansen, ANP-BC	Frank Livak 417
4. Integrative Approaches to Headaches John Bisaccia, DC, CSCS, CCSP; Anne Knott, MD; Shaun O'Connor, PT, CCTT	Chittenden Bank Room 413

2:45- 3:30 Breakout Session 3

1. New Data on Acupuncture for Medicaid Patients with Chronic Pain Robert Davis, MS, Lac	Jost Foundation Room 422
2. Rehabilitation Massage - Assisting Patients Through the Health Process with Orthopedic Massage Therapy Maureen Slayton, MT, AT	Mildred Livak 419
3. Moving Beyond Opioids: Non-Controlled Pharmaceuticals for the Management of Chronic Pain Clayton English, Pharm.D, BCPS, BCPP	Frank Livak 417
4. Integrative Medicine for the Underserved, Paula Gardiner, MD, MPH	Chittenden Bank Room 413

3:30- 4:15 Breakout Session 4

1. Partnering with Parents on Safe Pediatric Pain Management Peter Bingham, MD	Jost Foundation Room 422
2. Integrating Allopathic and Chinese Medicine – A case of lower back pain Arthur Makaris, LAc; Richard Pinckney, MD	Mildred Livak 419
3. Panel on Payment for Integrative Care in Vermont Joshua Plavin, M.D., M.P.H.; Scott Strenio, MD; Beth Tanzman, MSW; Moderated by Janet Kahn, PhD	Chittenden Bank Room 413
4. Feldenkrais: Why Movement Matters Carolyn King, MA, CFP	Frank Livak 417

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