

Agenda

Monday **September 20**

3:00 PM EARLY REGISTRATION

Tuesday **September 21**

7:00 AM REGISTRATION OPENS

Tuesday, September 21 (Pre-meeting)

Full-Day Courses

Interventional Treatments for Pain (cadaver course, offsite) 8:00 AM-4:00 PM (6 hours/credits)

Christian D. González, MD

This intensive course, consisting of both didactic presentations and hands-on components using cadavers, will cover multiple techniques, including facet joint injections, interlaminar cervical ESIs, and radiofrequency lesioning of the medial branch nerves and dorsal root ganglion.

Practice Management: Getting What You Want from Your Practice 7:30 AM-4:35 PM (7 hours/credits)

Catherine O'Connell, PhD; Steve Mann, PhD; Mark J. Rubin, MD; Thomas J. Romano, MD, PhD

This program will examine the fundamentals of pain practice management. Experts who are all engaged in running practices will discuss how practitioners can make informed, effective decisions for their individual practices. Marketing, billing, and office policies will also be discussed.

Opioids 101: Using Current Therapies as Part of an Overall Pain Management Program 7:30 AM-4:35 PM (7 hours/credits)

Faculty Pending

This 7-hour, case-based program will discuss the role of opioids as part of a comprehensive pain management program. Topics include opioid rotation and conversion, managing patient expectations, and medicolegal issues.

Morning Courses **7:30 AM-12:05 PM (4 hours/credits)**

Hypnosis in the Management of Pain and Pain Syndromes (Part 1)

Jan M. Burte, PhD, MsCP, and Marlene L. Levy, PhD, LCSW

This workshop will provide an introduction to hypnosis for practitioners who deal directly with pain. Basic concepts of psychosemantics, induction, intervention, and posthypnotic suggestion relevant to treating chronic pain and its related issues will be reviewed.

Strain/Counterstrain for Myofascial Pain

Bettina Herbert, MD

This 4-hour workshop will familiarize practitioners with the basic concepts of strain/counterstrain, an osteopathic technique that may be used to quickly and effectively treat myofascial pain and other conditions.

Myofascial Pain: Integrating Objective Physical Findings with Treatment Strategies

Jay P. Shah, MD

This workshop will blend the latest science on the pathophysiology of myofascial pain with assessment and treatment techniques. Participants will have an opportunity to practice dry needling and physical medicine modalities, including electrical stimulation.

Afternoon Courses **1:05-4:35 PM (3 hours/credits)**

Hypnosis in the Management of Pain and Pain Syndromes (Part 2)

Jan M. Burte, PhD, MsCP, and Marlene L. Levy, PhD, LCSW

This course will be a follow-up to *Hypnosis in the Management of Pain and Pain Syndromes (Part 1)* and cover more advanced topics related to the therapy.

Increasing Self-Management Behaviors Using a Motivational Interviewing Approach

Robert Rhode, PhD

Motivational interviewing can be a useful tool to increase self-management behaviors in pain patients. This helping style will be described using video examples of what patients say. Participants will also practice guiding the patient to develop reasons for doing pain management behaviors.

Grab Hold: Physical Therapy for Pain Management

Thomas Watson, PT, DPT, MEd, and Debbie Arnold, PT

This workshop will include demonstration and practice of oscillation/stretch techniques, specifically for types 1 and 2 mechanoreceptors in the cervical region, shoulders, and low back. Total Motion Release technique will also be discussed and demonstrated.

Keynote Address (4:40-5:40 PM)

1. Pain and Consciousness: Thinking Outside the Box Perry G. Fine, MD

President's Reception and Exhibits (5:30-7:30 PM)

The Academy reserves the right to make changes in the program at any time. Course descriptions and learning objectives are available on the Academy's website: www.aapainmanage.org

Agenda

Wednesday

September 22

7:00 AM

REGISTRATION OPENS

Wednesday, September 22 (Meeting Day 1)

6:25-7:25 AM **Experiential Session: Therapeutic Stretching (nonaccredited)**
Mark Spanos, CMTPT

6:00-7:30 AM **Breakfast Symposium (possible)**

7:30-8:30 AM **2. Keynote Address: The Brain in Pain**
Michael H. Moskowitz, MD, MPH

8:35-9:35 AM **3. Chronic Stress and Pain**
Roberta Lee, MD

6. Functional Restoration for Neuropathic Pain
Steven Lavender, B.PTHY

9. Making Wise Analgesic Choices: Avoiding Drug-Drug and Drug-Disease State Interactions
Charles D. Ponte, PharmD

9:35-10:00 AM **Break and Exhibits**

10:00-11:00 AM **4. Food and Mood**
Victoria Maizes, MD

7. Update on Pharmacologic Options for Neuropathic Pain
Mark S. Wallace, MD

10. Is Your Patient in Pain, Suffering, or Both? A Neuro/Bio/Psychological Approach
Richard Cox, MD, PhD, DMin

11:05-12:05 PM **5. Dietary Supplements for Pain and Headache Management**
Robert A. Bonakdar, MD

8. Cannabis in Pain and Palliative Care
Donald I. Abrams, MD

11. The Gestalt Approach to Pain and Symptom Management in the Cancer Patient: Whole Care for the Whole Person
Larry C. Driver, MD

12:05-1:35 PM **Lunch Symposium (possible)**

1:40-2:40 PM **12. Keynote Address: Glia as the “Bad Guys” in Dysregulating Pain and Opioid Actions**
Linda R. Watkins, PhD

2:40-3:40 PM **Poster Session 1 (nonaccredited)/Exhibits**

3:40-5:50 PM **13. Therapeutic Yoga: Implications and Applications for Patients with Pain**
Catherine R. Stallworth, MD

14. Mind and Body
Michael H. Moskowitz, MD, MPH, and
Marla D. Golden, DO

15. Screening Tools and Urine Drug Screening
Gary M. Reisfield, MD

5:55-7:30 PM **Dinner Symposium (possible)**

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Thursday

September 23

7:00 AM

REGISTRATION OPENS

Thursday, September 23 (Meeting Day 2)

6:25-7:25 AM	Experiential Session: QiGong (nonaccredited) Nadia Linda Hole, MD		
6:00-7:30 AM	Recognizing and Assessing Key Symptom Domains in Chronic Widespread Pain: Focus on Fibromyalgia <i>A Case-Based Interactive Symposium (breakfast included)</i>		
7:30-8:30 AM	16. Pharmacologic Approaches to Rheumatoid Arthritis Joan M. Bathon, MD	20. Chronic Pelvic Pain and Interstitial Cystitis: Pearls on Diagnosis and Treatment Bruce S. Kahn, MD	24. Pain Through the Ages: Historical, Cultural, and Philosophical Aspects of Analgesia W. Clay Jackson, MD, DipTh
8:35-9:35 AM	17. Nonpharmacologic Approaches to Rheumatologic Conditions Randy J. Horwitz, MD, PhD	21. Headache: When It's Not a Migraine Michael J. Marmura, MD	25. Culturally Relevant Pain Assessment and Intervention for Chinese Cancer Patients Lara Dhingra, PhD
9:35-10:00 AM	Break and Exhibits		
10:00-11:00 AM	18. Chronic Fatigue Syndrome: Promising New Biomarkers for Diagnosis and Treatment Lucinda Bateman, MD, MS	22. Interventional Therapy for Cancer and Noncancer Pain Paul Sloan, MD	26. Acupuncture Energetics (2-hour program) Joseph F. Audette, MD
11:05-12:05 PM	19. Nutrition and Supplements for Fibromyalgia: An Evidence-Based Approach David C. Leopold, MD	23. Manipulation for Back Pain Marla D. Golden, DO	
12:05-1:35 PM	Lunch Symposium (possible)		
1:40-2:40 PM	27. Keynote Address: The Mindful Brain and Pain Philippe Goldin, PhD		
2:40-3:40 PM	Poster Session 2 (nonaccredited)/Exhibits		
3:40-5:50 PM	28. Mindfulness-based Meditation Workshop Philippe Goldin, PhD	29. Beyond the Point: A New Paradigm for Treating Myofascial Pain and Dysfunction Victoria L. Magown, CMTPT, LMT, RMTI	30. Prolotherapy: From Dextrose to Platelet-Rich Plasma Rick Marinelli, ND
			31. Pain Management in Older Adults Keela Herr, PhD, RN
5:55-7:30 PM	Dinner Symposium (possible)		

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Agenda

Friday

7:00 AM

September 24

REGISTRATION OPENS

EXPLORING
THE SCIENCE
PRACTICING
THE ART

INTEGRATIVE PAIN MANAGEMENT
FOR OPTIMAL PATIENT CARE

Friday, September 24 (Meeting Day 3)

6:25-7:25 AM **Experiential Session: Mindfulness (nonaccredited)**
Marcia Jean Howton, MD

7:30-8:30 AM **32. Solving the Integrative Medicine Conundrum: Successfully Benefitting Both Payors and Providers**
Lance Luria, MD

8:35-9:35 AM **33. Integrative Pain Management: Training Acupuncturists to Practice in Allopathic Systems of Care**
Richard Glickman-Simon, MD

35. Integrative Pain Management in the Military (Part 1)

Developing a Comprehensive Pain Management Strategy for the US Army
Mona Bingham, PhD, RN

Multimodal Therapy in Chronic Pain in the Military: Pharmacodynamics and Alternative Therapy
Rajnikant C. Patel, MD

Clinical and Research Initiatives in Integrative Care for Combat Troops
Richard Petri, MD

Panel Discussion

9:35-10:00 AM **Break**

10:00-12:05 PM **34. Repetitive Strain Injuries**
Heather Tick, MD

36. Integrative Pain Management in the Military (Part 2)

Acupuncture for Brain Injuries and Traumatic Stress Responses: It's Not All in Your Head
Alain Duncan, MAC, LAC

VA System-Wide Transformation to a Culture of Patient-Centered Care
Ronald B. Norby, MSN, MBA

An Integrative Behavioral Approach to Pain Management in the Military and Veteran Population
Kathleen S. Brown, PhD

Panel Discussion

The Academy is accredited by the ACCME to provide continuing medical education for physicians and seeks accreditation for other disciplines. If a speaker introduces unapproved content or opinion, or violates compliance criteria, the Academy reserves the right to deny CME/CE credit to the program.

Some of the courses presented at this meeting may be outside your scope of practice and are intended to provide an understanding of practices or procedures and how they relate to effective interdisciplinary or integrative pain management. These courses do not prepare or authorize you to add these practices to your scope of practice.

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