



A Chronic Pain–Management Conference for Healthcare Professionals
SHIFTING THE PARADIGM
October 8–13

SUNDAY, OCTOBER 8

7:30–7:45 pm | Welcome and Overview

Denise Barack, Director of Program Innovation at Kripalu

7:45–9:15 pm | Opening Keynote

A Nation in Pain: Healing Our Biggest Health Problem *Judy Foreman*

Renowned health journalist Judy Foreman, author of *The Global Pain Crisis: What Everyone Needs to Know*, provides an up-to-date overview of the chronic pain epidemic: what is it, whom does it affect most, which pain relief methods in Western and alternative medicine seem to be effective, what are the risks and benefits for opioids and marijuana, and the implications for individuals and society. Judy highlights the infrastructure problems, genetics, gender and psychological issues, and the challenge of the opioid crisis.

MONDAY, OCTOBER 9 | THE PSYCHOLOGY AND NEUROSCIENCE OF PAIN

8:30–11:30 am | Morning Keynote

Why and How Things Hurt *Lorimer Moseley, DSc, PhD*

There is no more effective and efficient protector of bodily tissues than pain, but the unpleasantness of pain makes it one of the most burdensome health issues we face. Lorimer Moseley presents a way of understanding chronic pain that integrates current concepts from a range of pain sciences—from psychology to neurophysiology; theoretical models to clinical cases. He suggests that pain is best understood within a truly biopsychosocial framework and that understanding pain is a critical first step toward recovery. Learn the difference between tissue danger, nociception, and pain, enabling you to embed the biopsychosocial model of pain into your understanding of pain itself. Lorimer also offers an awareness of the basic biological processes that underpin acute pain, and the variety of factors that can modulate it. Come gain a conceptual framework by which you can make sense of your own pain and that of others, and leave with a basic understanding of current methods to exploit biological adaptability (bioplasticity) for recovery.

11:30–1:30 pm Lunch

1:45–3:45 pm | Panel Discussion and Q&A

Changing the Pain Paradigm Through Neuroscience *Lorimer Moseley, DSc, PhD and Fadel Zeidan, PhD, Moderated by Neil Pearson, PT*

Understanding how pain is constructed and modulated can dramatically impact how we tailor therapies and treatments to target the spectrum of pain conditions. In this panel discussion, we will explore clinical strategies through the lenses of the biology of pain and protection, while also considering the negative impacts to the patient and health system of misattributing the cause of pain based on the locus of treatment. The vital role of patient education will be discussed, contrasting the use of language, metaphor and the lived experiences of mindful self-care practices as educational interventions. This session also includes opportunities for questions and clinical case reflection.

4:15–5:45 pm | Yoga Class for Pain Care (*optional*) *Neil Pearson, PT*

Experience a gentle yoga class with a physiotherapist’s focus on the foundational pain care skills of breath awareness, breath regulation, body awareness, and releasing body tension. No yoga experience is required. The pain care principles used in this class integrate the teachings of yoga with pain biology and the lived experience of pain. They can be applied to any therapeutic movement practice to enhance functional outcomes through improved ease of movement.

5:30–7:00 pm Dinner

7:30–9:00 pm | Self-Care to Prevent Provider Burnout (*optional*)

Instant Self-Care for Healthcare Professionals *Lisa B. Nelson, MD*

Mindful practices are ideal for addressing the symptoms of burnout, many of which are evidence-based practices that can be accessed immediately while going about your day. Blending practices from Western medicine, yoga, and mindfulness, Dr. Lisa B. Nelson introduces a multitude of mindful practices that can help build emotional intelligence, bolster mood, and improve resiliency.

7:30–9:30 pm | Other Approaches to Treating Pain (*optional*)

Neuro-Emotional Technique and Quantum Neurology for Pain Relief *Teshna Beaulieu, DC, QNCP*

Most chronic pain is usually caused by physical, emotional, or even chemical factors. In the physical realms the nervous system and the meridian system are two important aspects. Using applied kinesiology or quantum neurology, trained healthcare providers can test the main muscle groups and potentially restore their function very quickly. In the emotional realms, Neuro-Emotional Technique and Thought Field Therapy can be successful approaches to help alleviate emotional causes of pain. This experiential workshop includes participant demonstrations of the methods discussed, and offers reference to the validity and reliability of muscle testing, the sensitivity and specificity of these assessment techniques, and whether the changes measured after muscle testing have been shown through research to be lasting changes in pain and function.

TUESDAY, OCTOBER 10 | MINDFULNESS AND ALLEVIATING SUFFERING

8:30–11:30 am | Morning Keynote: An Integrated Lecture and Practice

The Neuroscience of Mindfulness Meditation and Pain *Fadel Zeidan, PhD*

Fadel Zeidan reviews new and growing evidence showing that brief mindfulness-based interventions can significantly diminish the experience of pain. It has recently been discovered that mindfulness-based pain relief works through novel mind and body pathways. These new insights are critically important for the millions of people with chronic pain who seek effective and fast-acting pain therapy. Utilizing a broad framework for therapeutic approaches to pain, Fadel reviews the neuroscience of chronic pain, mindfulness meditation, and sensory awareness. He also presents cutting-edge research in a simple and digestible framework to better understand how pain manifests in the mind and body. This information is used as a springboard to learn simple, yet effective tools to promote pain relief and well-being. These include mindfulness-based techniques that enhance interoceptive awareness, cognitive flexibility, and the ability to regulate emotions.

11:30–1:30 pm Lunch

11:45–12:30 pm | Mindful Eating Space (*optional*)

One Bite At A Time *moderated by Jill Satterfield*

What a precious and important experience it is to be in the moment. Eating, which also happens to be pleasurable, can be a rewarding opportunity to practice mindfulness. Bring your lunch and join Jill Satterfield in this optional invitation to utilize food as your practice. Learn to anchor and truly experience delightful sensations in the mouth as your home base of discovery. The mind and heart can revel in taste as a skillful, beneficial, and rewarding way to be awake, inquisitive, and delighted in the now.

1:45–3:45 pm | Afternoon Keynote: An Integrated Lecture and Practice

A Twisted Story: Healing Chronic Pain Through Mindfulness and Yoga *Jill Satterfield*

“It’s all in your mind”. Pain can indeed be just in the mind with no organic cause to be found. Whether or not that is the case, what can one do about the mind? This question was once met with blank stares. No one had a suggestion when Jill Satterfield faced excruciating chronic pain 29 years ago. Taking desperate matters into her own hands, she began a career of being her own best experiment and amateur scientist, fascinated by and compelled to know her own mind and the body it materialized in. It worked. In this session, Jill shares her personal journey and presents secular and practical mindfulness techniques which will be useful interventions for working with the psychological aspects of being with someone in pain.

4:15–5:45 pm | Yoga Class for Pain Relief

A New Approach to an Ancient Practice *Lee Albert, NMT (*optional*)*

Despite wide-ranging chronic conditions and symptoms, many types of musculoskeletal pain share similar underlying mechanisms. Neuromuscular therapist Lee Albert teaches that pain can be foundational, resulting from imbalances in the musculoskeletal system. In this educational yoga class, you learn key yoga poses that can correct common musculoskeletal imbalances in a relatively short time, as well as which poses to avoid.

5:30–7:00 pm Dinner

7:30–9:00 pm | Self-Care to Prevent Provider Burnout (*optional*)

Ayurvedic Rejuvenation and Resilience *Erin Casperson*

Pain in life is inevitable; however, our approach to its presence can be modified. Ayurveda, the ancient science of living, offers an alternative methodology for managing pain. Tailored to one’s individual nature, it is a quintessential form of self-care. Join the Dean of the Kripalu School of Ayurveda, Erin Casperson, for an overview of Ayurveda, including practical diet and lifestyle recommendations intended to build immunity, improve digestion, and reduce pain.

7:30–9:00 pm | Other Approaches to Treating Pain (*optional*)

Lymph Stagnation and Chronic Pain *Edely Wallace*

Edely Wallace, author of *Lymphatic Yoga and the Water of Life*, explores three ways for relieving pain through the lymphatic system. Learn how sluggish lymph fluid can be a source of chronic pain and how the newly discovered lymph vessels in the brain indicate new possibilities in pain management. Experience of Lymphatic Yoga® as Edely provides evidence to support how it can regulate lymph flow, affect nociceptors, produce natural pain relief, and play a fundamental role in the neuronal circuits that modulate pain.

WEDNESDAY, OCTOBER 11 | THE SCIENCE OF YOGA AND PAIN

8:30–9:45 am | Morning Keynote

Yoga for Chronic Pain: The Psychophysiological Rationale

Sat Bir S. Khalsa, PhD

This session reviews and describes the known science and psychophysiological mechanisms underlying the benefits of yoga practice specific to chronic pain. The psychophysiology of the component practices of physical exercises and postures, breath regulation techniques, deep relaxation, and meditation are illustrated by the evidence from basic research studies. Sat Bir S. Khalsa also presents a logic model supporting the potential role of these practices in pain regulation through their effects on physical and mental fitness, self-regulation, mind body awareness, and transformative changes .

10:00–11:30 am | Morning Keynote

Yoga Research on Chronic Pain Across the Lifespan *Lonnie Zeltzer, MD*

Medical doctor Lonnie Zelter reviews the clinical research studies involving yoga for various chronic pain conditions across the lifespan, with a particular focus on back pain studies, as most of the research has been carried out on adults with low back pain. The relatively few studies of yoga for pain in children and in the elderly are discussed with a focus on findings, study limitations, and on directions for future research with these special populations. The session also provides a discussion on directions for future research on yoga for chronic pain in general and how to adapt yoga research for different populations. Lonnie also includes an overview of the unique aspects of pranayama, the breathing component of yoga, in relation to pain.

11:30–1:30 pm Lunch

11:45–12:45 pm Mindful Eating Space (*optional*)

An Ayurvedic Perspective *Cynthia Papa-Lentini, PhD*

Join Cynthia Papa-Lentini, certified Ayurvedic practitioner, for a mindful eating experience using the practices of Ayurveda. One of the fundamental beliefs of Ayurveda is that we are not what we eat, but rather, what we digest. And not only the food we digest as food, but the thoughts and emotions we digest as well. Bring your lunch and learn simple strategies for promoting health and wellness using practices designed to improve digestion.

1:45–3:45 pm | Panel Discussion and Q&A

The Intersection of Mindful Movement and Pain: Helping Our Patients Move with Ease

Lonnie Zeltzer, MD, Jill Satterfield, Marlysa Sullivan, PT, and Neil Pearson, PT, moderated by Lisa B. Nelson, MD

One of the most common questions regarding chronic pain is “How am I supposed to exercise more when painful movement is my problem?” When people are in pain, their reaction is to move less. How do we get patients in pain to move? This is the clinical conundrum. Yoga and other forms of mindful movement can help reduce pain and improve resiliency (increasing pain tolerance) by reshaping the nervous system. But how do we convince our patients to try a new and potentially more empowering approach, particularly when they are often coming to us to receive *passive* pain relief (i.e., medications, injections, surgery, etc.)? This panel discussion explores how movement-based therapies work with pain and regulate emotions and the mind.

4:15–5:45 pm | Kripalu Yoga classes (*optional; see Information Boards for levels and locations.*)

5:30–7:00 pm Dinner

7:30–9:30 pm | Community Night: An Interactive Cognitive Experience (*optional*)

Introduction to RISE: Conscious Leadership for Frontline Providers

Edi Pasalis, Director of Kripalu Institute for Extraordinary Living

Stress is the greatest challenge for frontline providers, and treating patients or clients with chronic pain can lead to a high rate of burnout. Kripalu offers a revolutionary evidence-based program designed specifically for organizations in high-stress industries. Developed in partnership with researchers at Harvard Medical School and Brigham & Women’s Hospital, RISE brings together more than a decade of research in mindfulness, resilience, brain science, and human behavior with a shift in the paradigm of high performance—one that incorporates individual well-being with organizational culture and a focus on service. This session introduces you to an approach that help improve self-regulation, optimal performance, and personal well-being to thrive in a healthcare setting.

Understand Pain, Live Well Again *Neil Pearson, PT*

Enjoy an entertaining (and evidence-based) discussion based on Moseley and Butler’s groundbreaking book *Explain Pain*. Knowledge is power, yet myths and misunderstandings about pain are perpetuated in pain education, and these become barriers to recovery. Sit back and listen to Neil Pearson’s engaging examples that explain how these complex pain systems function. There is hope. Experience how knowledge can decrease the evidence of danger, and understand better how yoga, mindfulness, and movement practices can help us live well again.

THURSDAY, OCTOBER 12 | CONNECTION, COMPASSION, AND CHALLENGES

8:30–10:00 am | Morning Keynote

Connection Heals: Biomedical and Yoga Therapeutic Perspectives and Treatment

Marlysa Sullivan, PT

This session considers the physiological and psychological effects of both perceived social isolation and the experience of connection in their relevance to the chronic pain client. Exploring the convergence of polyvagal theory with yoga, Marlysa Sullivan discusses the philosophies and practices of yoga therapy in light of current concepts in neurophysiology for the emergence of prosocial qualities such as compassion and eudaimonic well-being. Yoga therapy is presented as a comprehensive and distinct mind-body rehabilitative modality for chronic pain through its capacity to facilitate connection through building interoception, neural regulation, and resilience and intention towards connection, meaning, and purpose.

10:15–11:30 am | Morning Keynote

Compassion for Patients: The Power of Listening *Lisa B. Nelson, MD*

Chronic pain is a complex, multi-factorial condition that is often uniquely challenging to treat within the current medical model, as it highlights the limits of biological reductionism and can strain the patient-clinician relationship. This session explores the importance of attuned, embodied listening when working with people in pain. Come review the current medical literature that illustrates how the clinician-patient relationship, clinician attunement and patient mindset can all interact to promote or hinder healing. Lisa Nelson also discusses common barriers to compassionate, embodied listening, including workplace stress, compassion fatigue, and time constraints, as well as how to overcome these barriers and improve our own self-care for the benefit of both our patients and ourselves.

11:30–1:30 pm Lunch

11:45–12:45 pm Mindful Eating Space *(optional)*

Food and Pain: The Promise and the Peril *Lisa B. Nelson, MD*

The medicinal aspect of food—in particular, the ability of certain foods to either promote or calm inflammation—is gaining widespread attention. What is often less discussed is how and why people use certain foods—particularly sugar—to soothe emotional and physical pain. Over lunch, Lisa discusses the biochemical aspects of particular foods and how your patients may be using them in helpful or harmful ways.

1:45–3:45 pm | Afternoon Keynote: An Integrated Lecture and Practice Mindful Practice: Building Resilience In the Face of Challenge *Michael (Mick) Krasner, MD*

Mick Krasner explores the problem of burnout in medicine, and reviews evidence connecting burnout with poorer quality of care and quality of caring. Examining the dynamic of resilience, and the hypothesis that resilience can be cultivated and grown, he guides you in a mindful practice designed to explore ways to build resilience and address burnout through observation, attention, and reflection about challenging clinical experiences.

4:15–5:45 pm | Yoga Class for Connection (*optional*)

Focus on Interoception, Neural Regulation and Well-Being *Marlysa Sullivan, PT*

Therapeutic yoga can provide mechanisms for building interoception (inner awareness), neural regulation, resilience, and to support prosocial qualities such as connection, compassion and eudaimonic well-being. This session incorporates practical application and integration of polyvagal theory, neural regulation, and resilience through movement breath, ethical inquiry, and meditation.

5:30–7:00 pm Dinner

7:30–9:00 pm | Self-Care to Prevent Provider Burnout (*optional*)

Compassion for Ourselves as Healers *Lisa Bergly Pearson (Swami Swarupananda)*

In this workshop, Lisa Pearson provides you with techniques to decrease your stress, reinforce your clinical boundaries, and help you to remain compassionate with even the most complex chronic pain patients. Managing grief and forgiveness are as important for healthcare professionals as for their patients. The techniques you learn are based on neurophysiology and grounded in the meditative heart of yoga.

7:30–9:00 pm | Other Approaches to Treating Pain (*optional*)

Providing for Children in Pain *Maureen Strafford, MD*

In this workshop, pediatric cardiologist Maureen Strafford reviews the unique aspects of pain in the neonate, child, and adolescent that have been researched over the last several decades. As little as three short decades ago, clinicians were taught that infants and young children do not experience pain because of immature nervous systems, did not remember pain, and experienced serious complications from pain treatment. All of these statements are false, but these beliefs linger in clinical medicine. Come discuss evidence-based approaches to acute and chronic pain treatment, with an in-depth review of non-pharmacologic approaches—such as mindfulness meditation, yoga, cognitive-behavioral techniques, physical therapy, and out-patient pain treatment programs— that have been used effectively in the pediatric patient population. Informed by the biopsychosocial model of care, this workshop provides practical guidance on multi-modal therapies in diagnosing and treating a child with a pain diagnosis.

Creativity in Medicine: A Patient-Centered Approach *Sonu Haikerwal, MD (MRCP)*

Explore how you can individualize your approach to each patient, creating a tailor-made plan for pain management unique to every individual. This begins by listening to each person's story, watching, observing, and understanding their needs over time. The impact of pain and the functioning of the patient is the story, not the pain itself. Because pain is a complex and intimate experience for a patient, resolving pain is like solving a puzzle or navigating a maze. This workshop uses role play to discover ways of bringing creativity to the process of finding what works, what fits, what flows, and what seems natural for the patient. A creative approach to pain management is like a dance you do with a whole team of people—everyone working to find solutions to help patients thrive beyond their pain.

FRIDAY, OCTOBER 13 | SHIFTING THE PARADIGM

9:00–11:00 am | Closing Panel and Q&A

Healing the System; Healing the Patient *and* Provider *Michael (Mick) Krasner, MD, Neil Pearson, PT, Sonu Haikerwal, MD (MRCP), and Jill Satterfield, moderated by Alex Sabo, MD*

The complexities of chronic pain extend far beyond patients to practitioners and organizations, including the widespread lack of third-party reimbursement of non-pharmacologic treatment, which many patients cannot afford on their own. There is need for education, advocacy, and funding reform—a need for change at all levels, from the patient to the healthcare provider to the insurer. This closing session explores possibilities for shifting the paradigm to a new prescription of care for both patients and providers, including creating supportive healing communities, measurement of non-pharmacological care success, skillful techniques of self-regulation, and models of contemplative care within the caregiver system.