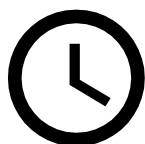




## WHOLE HEALTH FOR PAIN AND SUFFERING (WHPS) AN INTEGRATIVE APPROACH

Whole Health for Pain and Suffering: An Integrative Approach (WHPS) is an advanced clinical education course designed to support VA clinicians working with patients who experience pain in its various forms.

### Course Length



30-minute orientation  
4 course sessions  
16 course hours

### Delivery Method



Virtual learning (Zoom)  
Class discussion partner activities  
Small groups

### Who Should Take This Course?

VA clinicians working with patients who experience pain in its various forms

### Course Accreditation



JA IPCE, NBCC, NYSED SW,  
ACCME, ACCME-NP, ACPE,  
APA, ANCC, APTA, ASWB,  
CDR

### Course Learning Objectives

- Use the Whole Health model to individualize the pain and suffering experience
- Apply non-pharmacologic approaches to pain care using Whole Health
- Develop a common language among professions caring for Veterans with chronic pain and suffering
- Become familiar with research and practical issues on the use of Integrative Health in pain care
- Apply Whole Health to the care of Veterans with complex pain and medical histories
- Describe how mind-body approaches and self-management can help people cope with pain
- Understand the efficacy and safety of different modalities, including manual therapies, acupuncture, nutrition, and mind-body approaches

For more information, please contact:  
[opccteducationteam@va.gov](mailto:opccteducationteam@va.gov)

## DURING THIS COURSE, YOU WILL BE INVITED TO:

- Use the Whole Health model to expand your understanding of the root causes of pain conditions
- Consider pain and suffering in the broader context of modern health care
- Reflect on what you need for your own well-being as you provide care to people with severe pain
- Cultivate and practice sustainable compassionate presence for yourself and the Veterans for whom you care
- Explore local and national resources related to the Whole Health Approach to pain and suffering
- Learn how the social determinants of health can influence outcomes for people with pain
- Try out an array of practices designed to enhance mindful awareness
- Consider how the power of the mind can influence pain care, with experiential learning opportunities, including breathing exercises and biofeedback
- Network with professionals of multiple disciplines and specialties to understand different perspectives and best practices in the care of Veterans with pain
- Broaden your knowledge about mind-body therapies, acupuncture (especially Battlefield Acupuncture), and manual therapies, among others