



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

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