

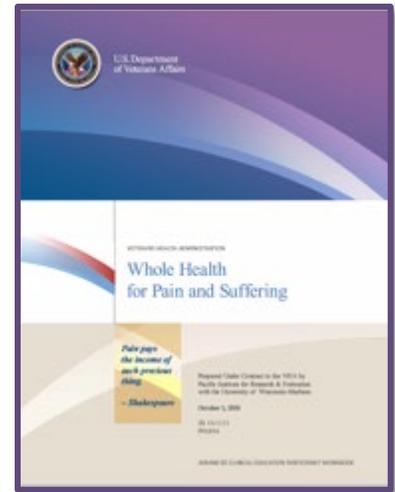
Whole Health for Pain and Suffering

An Integrative Approach

About The Course

Whole Health for Pain and Suffering: An Integrative Approach is a two-day advanced clinical education course (14.5 CEUs) designed to support any VA clinician working with patients who experience pain in its various forms. The course was developed in 2016 and has been well-received by hundreds of VA professionals, including physicians, nurse practitioners, physician assistants, nurses, pharmacists, psychologists, social workers, dietitians, chaplains, PT's, OT's, RT's, MSA's, and many others.

Pain management is an important focus in the eyes of lawmakers and the general public. As treatment protocols increasingly steer away from the use of opioids, it is clear that clinicians need to receive education on evidence-informed, safe, and effective non-pharmacologic approaches. Whole Health offers a model to integrate non-pharmacologic treatments along with self-care approaches that combine to make a more comprehensive evaluation and treatment plan for patients with pain.



Whole Health for Pain and Suffering provides an overview for applying the Whole Health model to patients with pain. The components of the Circle of Health are discussed in detail with emphasis on self-care, mind-body approaches and integrative modalities to treat pain conditions. Several case vignettes will provide an opportunity to implement Whole Health for common pain conditions, preparing participants to implement the Whole Health approach to pain into their practices.

Because caring for patients in pain is taxing and increases risk for clinician burnout, the course incorporates not only formal didactics, but also experiential exercises and reflection on one's own Whole Health care needs. Special emphasis will be placed on the nature of suffering, which encompasses how a person responds to the experience of pain and the capacity to reflect on life purpose and meaning with pain and suffering as one part of that exploration. Even if those with pain cannot "get rid of" their pain signal, they can learn to work with pain and become more empowered in their response to it.

Course Learning Objectives:

- Untangle the complex web of chronic pain using the Whole Health model
- Use the Whole Health model to individualize the pain and suffering experience
- Gain exposure to non-pharmacologic approaches to pain care using Whole Health
- Develop a common language among professions caring for Veterans with chronic pain and suffering
- Network with professionals of multiple disciplines and specialties to understand different perspectives and best practices in the care of Veterans with pain

During this course, you will be invited to:

- 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
- Learn about how non-specific variables 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
- Use the Whole Health model to expand your understanding of the root causes of pain conditions
- Broaden your knowledge about mind-body therapies, acupuncture (especially Battlefield Acupuncture), and manual therapies, among others
- Explore local and national resources related to the Whole Health Approach to pain and suffering

This course will help you to:

- Become familiar with the Circle of Health as it applies to pain care
- Apply Whole Health to the care of headache, back pain, osteoarthritis, myofascial pain, and chronic pain
- Expand your current skills in the use of non-pharmacologic treatments that can be used for pain management in clinical practice
- Describe how mind-body approaches and self-management can help people cope with pain
- Become familiar with research and practical issues on the use of Integrative Health in pain care
- Understand the efficacy and safety of different modalities, including manual therapies, acupuncture, nutrition, and mind-body approaches

ACCME, ACCME-NP, ACPE, APA, ANCC, ASWB, CDR, and NYSED SW accreditation (14.5 hours) is available. Attendance at the two days of training is a requirement of the course and for obtaining Continuing Educations (CEU) credits available through EES.

Whole Health for Pain and Suffering—Course Agenda

Day 1

<u>Time</u>		<u>Topic/Title</u>
7:30 AM	- 8:00 AM	Registration
8:00 AM	- 8:10 AM	Leadership Welcome
8:10 AM	- 8:45 AM	Course Overview
8:45 AM	- 8:55 AM	Movement
8:55 AM	- 10:00 AM	New Perspectives on Pain and Suffering
10:00 AM	- 10:10 AM	Break
10:10 AM	- 11:00 AM	Chronic Pain: Starting with ME
11:00 AM	- 12:00 PM	Mindful Awareness
12:00 PM	- 1:00 PM	Lunch
1:00 PM	- 2:15 PM	Self-Care and Pain: An Overview
2:15 PM	- 3:15 PM	Self-Care and Pain I: Moving the Body, Food & Drink
3:15 PM	- 3:25 PM	Break
3:25 PM	- 4:00 PM	Self-Care and Pain II: The Other Circles
4:00 PM	- 4:30 PM	Local Programs and Resources
4:30 PM		End of Day 1 —Wrap Up, Pulse Check, and Adjourn

Day 2

<u>Time</u>		<u>Topic/Title</u>
7:30 AM	- 8:00 AM	Registration
8:00 AM	- 8:10 AM	Reviewing Pulse Checks and Checking In
8:10 AM	- 8:40 AM	Introduction to Complementary and Integrative Health (CIH) Therapies at the VA
8:40 AM	- 9:25 AM	Mind-Body Skills I
9:25 AM	- 9:35 AM	Movement
9:35 AM	- 10:15 AM	Integrative Modalities for Pain
10:15 AM	- 10:30 AM	Break
10:30 AM	- 11:00 AM	Mind-Body Skills II
11:00 AM	- 12:00 PM	Whole Health in Action
12:00 PM	- 1:00 PM	Lunch
1:00 PM	- 2:00 PM	Headache
2:00 PM	- 3:45 PM	Whole Health for Pain in Your Practice
3:45 PM	- 4:15 PM	Closing Circle and Final Evaluation
4:30 PM		Thank you for Joining Us!

FACULTY BIOS

PACIFIC INSTITUTE FOR RESEARCH AND EVALUATION & UNIVERSITY OF WISCONSIN—MADISON FACULTY

VINCENT MINICHELLO, MD- COURSE DIRECTOR



Coming out of 15 years of martial arts training and teaching, Vinny began developing his interest in integrative health and healing as an undergraduate at Boston University, studying biology as well as East Asian Studies, with a focus on Chinese language and culture. Studying abroad in China he had the opportunity to explore and practice Chinese medicine. He then spent a year studying traditional Chinese medicine at the New England School of Acupuncture prior to attending the University of Massachusetts Medical School in Worcester, MA. During medical school he partnered with local practitioners of integrative therapies to host an annual Complementary and Integrative Therapies Health Expo. He also collaborated with the UMass Cancer Center to integrate mind-body therapies into a weekly student-led meeting for breast cancer survivors and their support persons. With a desire to care for people in their entirety—body, mind, spirit, families, and communities—he eagerly pursued training at the University of Wisconsin Department of Family Medicine and Community Health (DFMCH), completing both his family medicine residency training and then the Academic Integrative Health Fellowship, offered within the same department. He has completed medical acupuncture training through the Helms Medical Institute, a Mindfulness Teaching Internship through the University of Wisconsin Mindfulness Program, and the University of California-San Diego Mindfulness Teacher Training Intensive. He currently practices as a family physician and integrative health consultant through the University of Wisconsin's DFMCH in Madison, WI. Vinny's research has focused on developing and teaching mindfulness training programs for resident physicians.

Vinny is blessed to have been married to his wife, Annmae, since May 2013, and their first child, Skylar Mae ("Sky") Minichiello, was born on August 8, 2017. He is grateful to his father, mother, and sister for their inspiration and encouragement to trust his heart along the way.

RUSSELL LEMMON, DO



Russell Lemmon is an Associate Professor at the UW Department of Family Medicine and Community Health (DFMCH), and the Clinical Service Chief for the UW Health Family Medicine residency clinics. In this role, he serves as the physician lead for clinical operations and quality for four family medicine clinics serving approximately 35,000 patients. He completed his medical training at the Chicago College of Osteopathic Medicine and the MacNeal Hospital Family Medicine Residency in Illinois. Following residency, he served as a family physician in the U.S. Air Force, stationed at Luke Air Force Base in Arizona. While on active duty, he was the Medical Director for the Family Medicine Department at Luke Air Force Base and was deployed as a physician with the Special Forces in Iraq. Russ completed training in medical acupuncture while in the Air Force and used this modality to treat military personnel in both the U.S. and Iraq. After joining the faculty at the UW DFMCH, he completed the UW Academic Integrative Health Fellowship Program.

Russ is a co-creator of the Whole Health for Pain and Suffering course. He has published and lectured nationally on integrative approaches to pain. He maintains an active practice in family medicine, incorporating integrative medicine, osteopathic manipulation and acupuncture. Russ and his wife Kristin spend most of their free time chasing around their three kids.

SHILAGH MIRGAIN, PHD



Shilagh Mirgain is a Distinguished Psychologist in the Department of Orthopedics and Rehabilitation, University of Wisconsin School of Medicine and Public Health who served for 14 years as Clinical Assistant Professor. She received her PhD at the University of Illinois at Urbana-Champaign in Clinical and Community Psychology, completed her clinical internship at the UW Department of Psychiatry and her postdoctoral fellowship at Stanford University Department of Psychiatry.

Dr. Mirgain is a frequent contributor to CBS 3 News in Madison and Wisconsin Public Radio, speaking on health, wellness, and peak performance. Often called on to represent UW in the media, she writes and speaks on mind-body skills to foster optimal health. She was featured on the TODAY show discussing skills to cultivate well-being and greater happiness in the workplace.

In her practice, Dr. Mirgain uses both individual and group formats to treat patients with a variety of medical conditions and adjustment issues. She is one of the sport psychologists to the UW Badger athletes. She is a co-author on the recently published article in Pain Medicine, Mindfulness Meditation and Cognitive Behavioral Therapy Intervention Reduces Pain Severity and Sensitivity in Opioid-Treated Chronic Low Back Pain: Pilot Findings from a Randomized Controlled Trial. She also serves on the faculty for the UW Annual Comprehensive Review of Pain Management Symposium.

JANICE SINGLES, M.ED, PSY.D.



Janice Singles is a Distinguished Psychologist at the University of Wisconsin School of Medicine and Public Health and was a Clinical Assistant Professor for over 20 years. She completed her graduate training at the Virginia Consortium for Professional Psychology and her clinical internship from the University of Virginia Hospital. Janice is certified in clinical hypnosis from the American Society of Clinical Hypnosis and biofeedback from the Association for the Advancement in Applied Psychophysiology. She has had the pleasure to work with patients and staff at UW-Health in Madison, Wisconsin for the past 25 years in clinics for pain, digestive health, spine and orthopedics, and others. She has mentored staff, interns, fellows and medical students in their development. Innovative group treatments for pain and digestive issues have led to the development of over 20 different group treatment series. Janice was an author of "Self-Management of Chronic Pain," "Power of the Mind," and "Personal Development" for the Whole Health Library website. She is currently leading groups of research participants with chronic low back pain on opioids for a study on the impact of several interventions including mindfulness.

Her clinical passion is health psychology including a career-long focus in chronic pain, digestive issues, hypnosis and biofeedback. She enjoys meditation, travel, gardening, theatre, hiking and is learning to play the ukulele.

VHA OPCC&CT EDUCATION CHAMPIONS

CAROL BOWMAN, MD



Carol Bowman is a primary care physician at the Greater Los Angeles VA working in the homeless program and serving on the Whole Health Steering Committee. She was previously the lead physician for the Residential Wellness Center and the Whole Health Medical Director at the Maryland VA. She graduated from UC Berkeley with a degree in conservation resource studies environmental health. She received her medical degree from Drexel Medical College in Philadelphia and completed her internal medicine residency at Pennsylvania Hospital.

Carol became certified in holistic medicine in 2002 and served on the American Board of Integrative Holistic Medicine (ABIHM) from 2003-2013. At ABIHM, she helped develop the curriculum and was a faculty member for the training and certification of physicians in Holistic Integrative Medicine. She has practiced Holistic Integrative Medicine in the private sector, the DOD, and the VA. She developed and directed a holistic pain recovery program for a residential substance abuse treatment facility for treatment of chronic pain and opiate dependency and addiction. She is a diplomate of the Academy of Integrative Pain Management and a practitioner of bio-energy medicine and battlefield acupuncture. Carol's love of working with Veterans with chronic pain stems from her belief in the resilience of the human spirit, the wisdom of the body, and the power to heal.

Carol has two sons and resides in Santa Monica near the beloved beach. She is an artist, musician, lover of the outdoors and her favorite activities include snowboarding, surfing, tennis, yoga, and beach volleyball.

JEN MCDONALD, MD



After years wandering the world, studying monkeys in East Africa, attempting to become a chef, and hitchhiking on four continents, Jen stopped giving her mother heart palpitations and settled down to a "real job" as a doctor. She completed a fellowship in Addiction Psychiatry at the University of Wisconsin Department of Psychiatry and then began working at the William S. Middleton Memorial Veterans Hospital in Madison, WI with a practice focused on providing care to Veterans with mental health, substance use, and chronic pain disorders. Jen now serves as the Assistant Chief of Mental Health and the Clinical Director of Whole Health at the Madison VA and as Associate Program

Director for the Psychiatry Residency Program at UW. Over the past five years, Jen has completely changed her practice to focus on what really matters to the Veterans she serves. Doing so has been transformative for many of her patients, as well as for Jen. She is also in the process of completing a fellowship in Integrative Medicine at the University of Arizona. In her free time, she's busy learning to draw 50 different animals.

YANIRE NIEVES, MD



Yanire Nieves is the Director for the Mental Health-Primary Care Program at the Atlanta VA Health Care System. She is an Assistant Professor of Medicine at Emory University and is board certified in internal medicine (American Board of Internal Medicine) and integrative medicine (American Board of Physician Specialties). After graduating from the University of Puerto Rico and completing her internal medicine residency at Georgia Baptist and Emory University School of Medicine, she went on to acquire a Master of Business Administration at Kennesaw State University.

Yanire is a registered yoga teacher and a medical acupuncturist trained with the Helms Medical Institute. She practices integrative care and teaches patients self-care acupressure. She is passionate about improving employee health and wellness and works with the Occupational Health Department to improve the employee experience through education, experiential activities and environment of care modifications.

Yanire is the principal investigator in the *Acupuncture for Postoperative Analgesia in Laparoscopic Surgery* research study. She is actively working with two Pain Anesthesiologists (co-investigators) to find out if inpatient acupuncture therapy using the Battlefield Acupuncture (BFA) protocol could be used to decrease pain and/or consumption of analgesic medications in the immediate postoperative period.

She completed a Century Bike Ride (100 miles within 4-12 hrs) for the Leukemia and Lymphoma Society a few years ago and enjoys walking, hiking, and dancing Salsa.

NIKHIL PAREKH, MD, MPH



Nikhil Parekh is the Medical Director of Employee Health at the VA Ann Arbor Healthcare System. He is a graduate of the Wayne State University School of Medicine, the University of Michigan School of Public Health, the Wayne State University Department of Family Medicine, and the University of Arizona Fellowship in Integrative Medicine Program. He has professional interests in: providing medical care for the underserved; teaching and mentorship; innovations in medical education; undergraduate and graduate medical curricular reform; advocating for those with different abilities (or disabilities); preventing and reducing physician burnout; and local and global public health efforts. Outside of work, he enjoys time spent with family and friends, and enjoys learning about different cultures, traveling, fitness, nutrition, art, nature, music, and films.

GREG SERPA, PHD



J. Greg Serpa is a clinical psychologist at the VA Greater Los Angeles Healthcare System. He is honored to teach mindfulness to America's Veterans and is the first full-time mindfulness teacher and trainer in the federal system. Dr. Serpa is a Clinical Professor in the psychology department at the University of California, Los Angeles, and an Associate Visiting Clinical Scientist at the David Geffen School of Medicine at UCLA. He teaches Mindfulness-Based Stress Reduction (MBSR), Mindful Self-Compassion (MSC), and introductory level mindfulness classes at four area hospitals, and serves as a trainer, supervisor, and consultant to clinicians at the VA, UCLA, and in the community. He is currently the director of Interprofessional Integrative Mental Health program at the West Los Angeles VA, where he trains psychologists, psychiatrists, physicians, social workers, and nurses in mindfulness and integrative modalities of health and well-being. Dr. Serpa is also an active researcher with several projects expanding on the evidence basis of mindfulness and integrative health interventions. He is the co-author of *The Clinician's Guide to Teaching Mindfulness*.