



# 2018 Palliative Care Institute Conference

Holistic Pain Management:  
Alternatives to the Opioids

MAY 11, 2018



Program Schedule



## 2018 PALLIATIVE CARE INSTITUTE CONFERENCE

# Holistic Pain Management: Alternatives to the Opioids

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## Holistic Pain Management: Promising Alternatives to the Opioids

**8:30-9:00 a.m.**      **REGISTRATION & CHECK IN**  
*Lobby*

**9:00-9:10 a.m.**      **WELCOME**  
*Large Room*  
*Settlemyer Hall*  
***Data on Current Landscape of Pain Management***  
**Marie Eaton, Director**  
Palliative Care Institute, WWU

**9:10-10:10 a.m.**      ***Complex Pain Management Requires an Integrative Approach***  
*Large Room*  
*Settlemyer Hall*

Pain is complex, and to address pain well, it requires us to appreciate the multiple factors that create pain in a person. The complexity of pain requires more than the conventional approaches usually used to treat pain. Integrative, healing modalities are needed to address pain comprehensively and effectively with a minimum of adverse effects.



**Lucille Marchand, MD, BSN.** Dr. Marchand is the Stuart J. Farber, MD and Annual Farber Endowed Professor in Palliative Care Education in the Department of Family Medicine at the University of Washington Medical Center. She is the Section Chief of Palliative Care and Director of the Palliative Care Program at the University of Washington School of Medicine. She is board certified in family medicine, integrative medicine and palliative medicine, and has written articles and book chapters on an integrative approach to palliative care.

On completion of this session participants will be able to:

- 1) Differentiate the complex components of pain.
- 2) Distinguish between nociceptive and neuropathic pain.
- 3) Outline the conventional approaches to pain management.
- 4) Describe the integrative approaches to pain management.

**10:10-10:25 a.m.**      **BREAK**

## Holistic Pain Management: Promising Alternatives to the Opioids

10:25-10:40 a.m.  
Large Room  
Settlemyer Hall

### ***Junkies Like Me: From Pain to Addiction***

An account of her own experience of opioid addiction to prescription pain medications and her work with clients suffering from the same condition in her role as a Chemical Dependency Counselor.



**Pippa Breakspear**, MEd, CDP, is a Washington State licensed Chemical Dependency Counselor in private practice in Bellingham, WA. She also has worked in Social Detox, Drug Court, the Whatcom County Jail, the Department of Social and Health Services, St. Joe's Residential Recovery House, Chambers & Wells Outpatient and the Westcoast Counseling Outpatient Clinic. In 2004 she made a documentary film about addiction, treatment and the jail system, *On The Rocks -Treatment not Incarceration*, which won Best Documentary at the Pickford Film Festival. She also facilitates a support group, YANA (You Are Not Alone) at the Fairhaven Library for parents whose adult children are using or in recovery.

10:40-11:40 a.m.  
Large Room  
Settlemyer Hall

### ***Non-pharmacological Pain Strategies in Palliative Care and Telehealth Delivery in Rural Areas***

Telehealth is a rapidly growing field aimed at improving outcomes for people with chronic pain who may not be able to access specialty care. Dr. Doorenbos will explore the use of Telehealth and how to incorporate integrative therapies and innovative, cost-effective interventions that decrease chronic and palliative pain and can be widely used to improve quality of life.



**Ardith Z. Doorenbos**, PhD, RN, FAAN is a Professor in the Department of Biobehavioral Nursing & Health Systems, School of Nursing and Department of Anesthesiology and Pain Medicine, School of Medicine, and Adjunct Professor in the Department of Global Health, School of Public Health at the University of Washington. Dr. Doorenbos' research is centered on palliative care, pain and symptom management. Her grant portfolio is funded by the National Institute of Health: National Institute of Nursing Research and National Cancer Institute and other professional sources. She has a sustained record of over 100 peer-reviewed, data-based publications in nursing and multidisciplinary journals.

On completion of this session participants will be able to:

- 1) Identify challenges of effective pain management in rural settings.
- 2) Describe the impact of Telehealth on patient outcomes.
- 3) Describe procedures for establishing professional relationships between community healthcare providers and pain management specialists.
- 4) Identify integrative interventions for chronic and palliative pain management.

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**11:40 a.m. - 12:40 p.m.** *Psilocybin and MDMA Assisted Psychotherapy for the Treatment of Cancer-Related Emotional Distress*

Large Room  
Settlemyer Hall

Recent clinical trials have shown promising results in the use of psilocybin and MDMA-assisted psychotherapy to alleviate end-of-life anxiety in those facing life-threatening illnesses or experiencing end-of-life anxiety. This session will share some of those results.



**Thomas "Cody" Swift**, M.A., MFTI received his degree in existential-phenomenological psychology from Seattle University and is currently perusing clinical licensure in California. He has worked as a therapist guide at Johns Hopkins University in the psilocybin cancer-anxiety study, and is currently conducting qualitative research into the nature of healing with psychedelics in a clinical context, with MDMA and psilocybin. Cody is also a current director of the Riverstyx Foundation which has been dedicated to advancing opportunities for psychological growth and healing in the areas of end-of-life care, addiction recovery, and the criminal justice system.

On completion of this session participants will be able to:

- 1) Describe historical, contemporary, and future uses of psychedelics as treatment in palliative care.
- 2) Understand the legal and policy implications of psychedelics as treatment in palliative care.
- 3) Identify therapeutic protocols for implementing psilocybin and MDMA therapy for patients, and safety concerns.
- 4) Describe what psilocybin and MDMA can teach us about the nature of healing from death anxiety.

**12:40-1:30 p.m.**

**LUNCH**

**1:30-2:30 p.m.**

*Finding Peace In Every Moment : The Power Of Mindfulness In Relieving Pain And Anxiety*

Large Room  
Settlemyer Hall

We have a wealth of healing potential within us that often goes untapped as we seek outside relief from both physical pain and emotional distress. Research shows the extensive health benefits of practicing mindfulness: from boosting immunity and lowering blood pressure, to alleviating pain, reducing depression and calming anxiety. This session will explore mindfulness, how to practice it, and invite participants to practice mindfulness in simple exercises. We will discover how slowing down and living with deeper awareness of each moment helps transform reactivity and stress into moments of relaxation, ease and peacefulness—even while facing serious illness.



**Erica Rayner-Horn**, MA, LMHC is a mindfulness-based psychotherapist in private practice in Seattle who specializes in integrating mindfulness in her work as a therapist, teacher, workshop leader and writer. An instructor of the Mindfulness-Based Stress Reduction program, she teaches mindfulness meditation and stress management in medical, educational and corporate settings, and leads workshops on mindfulness meditation, stress reduction, mindful eating and mindful parenting. She has extensive postgraduate training in psychoanalytic psychotherapy

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and mindfulness-based interventions. Erica is the founder of *Awake and Alive: Mindful Living with Cancer Retreats*, a mindfulness-based healing program for cancer survivors, offered in the USA and the UK. Drawing on more than 35 years of meditation experience, Erica is the author of the CD "Finding Tranquility-Guided Mindfulness Meditations for Stressful Times," and an upcoming book and audio series on cancer and mindfulness. Her website is: [www.mindful-therapy.net](http://www.mindful-therapy.net)

On completion of this session participants will be able to:

- 1) Define mindfulness and identify the benefits of practicing mindfulness.
- 2) Understand chronic stress and its effect on emotional and physical health.
- 3) Explore skills for recognizing and reducing stress.
- 4) Describe strategies for relieving pain and anxiety.

**2:30-2:40 p.m. Break**

**2:40-3:50 p.m. Breakout Session 1**

CC119

**Ardith Z. Doorenbos**

*Facing a World of Hurt: Cultural Considerations in Pain and Palliative Care*

A didactic and interactive session focused on providing culturally congruent pain and palliative care.

Upon completion of this session participants will be able to:

- 1) Define culture.
- 2) Identify three basic organizing factors of culture.
- 3) Define culturally congruent care.
- 4) Provide examples of culturally congruent care.

**Breakout Session 2**

*Large Room*

**Lucille Marchand**

*Settlemyer Hall*

*Having a Healing Conversation about Pain*

How do we have conversations about pain that are in and of themselves healing? Often, clinicians dread having conversations about pain. This session will introduce a map of how to have healing conversations about this challenging topic. Empathy and responding to emotion are key in healing conversations.

Upon completion of this session the participants will be able to:

- 1) Discover the components of a 'goals of care' conversation about pain management.
- 2) Describe what works in a conversation about pain, and what doesn't.
- 3) Describe a conversational map to have healing conversations about pain and goals of care.
- 4) Appraise empathy and responses to emotion in a healing conversation about pain and its management.

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### Breakout Session 3

CC120

**Thomas “Cody” Swift**

*Deepening Understandings of the Practice of Psychedelic Psychotherapy and Future Clinical Indications*

This breakout session will offer participants the opportunity to learn more about the actual practice of psychedelic psychotherapy, especially for those facing life threatening illness, and the necessary clinical and legal structures in place to ensure safety and compliance.

Upon completion of this session participants will be able to:

- 1) Describe the administration of psychedelic psychotherapy.
- 2) Identify safety concerns related to these interventions.
- 3) Describe current legal implications and the future of psychedelic therapy.
- 4) Explore the nature of healing with psychedelics and other clinical indications.

### Breakout Session 4

G102B

**Erica Raynor-Horn**

*Bringing Mindfulness Home*

This session will provide hands-on practice with mindfulness strategies that may be appropriate for those who suffer from chronic or disease related pain and anxiety. Participants may also learn some strategies useful to reduce the stress of work and daily living.

Upon completion of this session participants will be able to:

- 1) Understand habits and patterns of reactivity that increase stress.
- 2) Discover how to practice mindfulness in challenging moments.
- 3) Learn three mindfulness practices and discuss their use.
- 4) Explore strategies for integrating mindfulness into everyday life.

### Breakout Session 5

G102A

**Steve Morris**

*Stress Busters - Hands on Techniques for Reducing Pain and Achieving Coherence*



**Steve Morrris** PhD, is Owner/Administrator of Right at Home Northwest Washington, which provides in-home care and assistance for seniors and disabled adults. He obtained his PhD in Integral Health from California Institute for Human Sciences in Encinitas, California. Morris's field of specialization is in achieving mind-body wellness at the individual, group, and community level. He helps individuals and groups overcome real and perceived limitations in order to facilitate sustainable high performance.

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G102A

### Breakout Session 5

**Steve Morris**

*Stress Busters - Hands on Techniques for Reducing Pain and Achieving Coherence*

In this session, Dr. Morris will explain the causes and consequences of chronic pain and stress, and will demonstrate ways to reduce and alleviate these responses. He will demonstrate how the body's fight-flight-freeze response affects a person's ability to think and perform clearly as well as its interpretation of pain. He will give a live demonstration of the brain-body linkage between our emotional states and our pain and/or stress levels using a heart-rate variability monitor. Participants will be taught two hands-on techniques for pain and stress reduction - an abbreviated form of the Emotional Freedom Technique (EFT) and the Quick Coherence Technique for achieving psycho-physiological coherence.

Upon completion of this session participants will be able to:

- 1) Understand how the autonomic nervous system relates to pain.
- 2) Understand how thoughts and emotions influence the experience of pain.
- 3) Learn techniques to interrupt connections between the autonomic nervous system and pain receptors.
- 4) Learn techniques to re-frame physiological and emotional experiences of pain.

**3:50-4:30 p.m.**

*Large Room  
Settlemyer Hall*

**Marie Eaton & Sarah Bear**

**Pain: Implications for Practice - Where do we go from here?**

In this session, in small groups, we will explore some of the concepts and practices explored over the day's event to reflect on how they might impact our practices as clinicians and caregivers and our personal responses to pain as patients. We will also spend some time developing priorities for future Palliative Care Institute initiatives.



**Marie Eaton**, PhD, is currently the Director of the Palliative Care Institute (PCI) at Western Washington University in Bellingham, WA. The Institute is a partnership with Northwest Life Passages Coalition and other community agencies and volunteers to transform palliative care in Whatcom County and support our human responses to living and dying. PCI's goal is to create a healing community by providing a space where people living with serious illnesses or facing the end of life don't have to be cured to heal. PCI and NWLP build on collaborations among those both inside and outside of the medical industry, reclaiming palliative care as a community responsibility.



**Sarah Bear**, EdD is the Director of the RN-BSN Nursing program at Western Washington University. She has spent over 30 years in the fields of education and nursing. She holds a doctorate in education and educational leadership from the University of Washington and a master's degree in nursing from Seattle Pacific University.





This activity has been planned and implemented in accordance with the accreditation requirements of the Washington State Medical Association through the joint providership of PeaceHealth St. Joseph\ Medical Center and Western Washington University. PeaceHealth St. Joseph is accredited by the WSMA to provide continuing medical education for physicians.

PeaceHealth St. Joseph designates this live activity for a maximum of 6 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This activity meets the criteria for up to 6 hours of Category I CME credit to satisfy the relicensure requirements of the Washington State Medical Quality Assurance Commission.

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***The Palliative Care Institute  
Spring Conference 2018  
May 11, 2018***

**“Holistic Pain Management: Alternatives to the Opioids”**

**Planner and Speaker Disclosures**

The following list have no relevant commercial affiliations to disclose:

**Marie Eaton, PhD  
Lucille Marchand, MD  
Pippa Breakspear, MEd  
Ardith Z. Doorenbos, PhD  
Thomas Swift, MA  
Erica Raynor-Horn, MA  
Steve Morris, PhD  
Sarah Bear, EdD**



**Palliative Care Institute  
Woodring College  
Western Washington University**

For information about other events visit:

<https://pci.wwu.edu/>

[PCI@wwu.edu](mailto:PCI@wwu.edu)

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