



A NEW PARADIGM FOR SOLVING CHRONIC PAIN: FROM THREAT TO SAFETY

January 22 – 24, 2021

FRIDAY, JANUARY 22

SUMMIT DAY #1: DEFINING THE PROBLEM OF THREAT

MORNING

7:40am – 7:45am Moderator of the Day: DR Clawson, MD

7:45am – 8:15am David Hanscom, MD: The Model Threat vs. Safety

8:15am – 8:45am Vania Apkarian, PhD: How Chronic Pain is Developed in 4 Stages: A Neuroscience Perspective

**8:45am – 9:00am MINDFUL BREAK - Les Aria, PhD
How to Practice A 4-step Self Check-In Method for Stressful Moments**

9:00am – 9:30am Stephen Porges, PhD: Pain from a Polyvagal Perspective: How the Autonomic Nervous System Supports or Dampens Pain

9:30am – 10:00am DR Clawson, MD: The Role of Cytokines in Chronic Pain & Chronic Diseases

10:00am – 10:15am MINDFUL MOVEMENT PRACTICE BREAK

10:15am – 10:45am Howard Schubiner, MD: Chronic Pain is Learned Neural Pathways

10:45am – 11:15am Tor Wager, PhD: Integrating Neuroscience and Chronic Pain

11:15am – 11:30am Story of Hope & Practice: David & Les

11:30am – 12:00pm Open Q & A moderated by DR

12:15pm – 12:45pm Getting Connected (Lunch in Small Groups)

AFTERNOON

1:00 – 1:30pm Stephen Porges, PhD: How Social Isolation Contributes to A Dysregulated Autonomic Nervous System

1:30pm – 2pm Sue Carter, PhD: The Role of Oxytocin and Vasopressin in the Modulation of Pain

2pm – 2:15pm MINDFUL BREAK

2:15pm – 3pm Panel: Open Q&A Moderated by DR - Summary of Day #1 of Summit





SATURDAY, JANUARY 23

SUMMIT DAY #2: AWARENESS, HOPE & FORGIVENESS

MORNING

7:30am – 7:40am: David Hanscom, MD and Les Aria, PhD

7:40am – 7:45 am David Hanscom, MD: Introduction to the day

7:45am – 8:15am Bruce Lipton, PhD: The Power of Perspective (pre-recorded)

8:15am – 8:45am Katja Kovacic, MD: Gut Pain and Vagal Nerve Stimulation

8:45am – 9:00am MINDFUL BREAK

9:00am – 9:30am David Hanscom, MD: How to Release the Inflammatory Nature of Anxiety/Anger

9:30am – 10:00am Sue Carter, PhD: The Power of Love: Oxytocin & Social Connection

10:00am – 10:15am MINDFUL MOVEMENT BREAK

10:15am – 10:45am DR Clawson, MD: The Need for Complete Workup

10:45am-11:15am Howard Schubiner, MD: EAET – What is it? (Video: Patient demo)

11:15am – 11:30am David Hanscom, MD and Les Aria, PhD: Stories of Hope & Practice

11:30am – 12:00pm Open Q & A

12:15pm – 12:45pm Getting Connected (Small Groups)

AFTERNOON

1:00pm – 1:30pm Fred Luskin, PhD: What is Forgiveness and Why Forgiveness Matters

1:30pm – 2:00pm Peter Levine, PhD: Healing Your Deepest Wounds

2:00pm – 2:30pm MINDFUL BREAK – Led by Les Aria, PhD

2:30pm – 3:00pm James R. Doty, MD: The Neuroscience of Compassion

3:00pm – 3:30pm Fred Luskin, PhD: How to Begin A Daily Practice of Forgiveness

3:30pm – 4pm Open Q & A – Moderated by David Hanscom, MD and Les Aria, PhD, Summary of Day #2 of Summit





SUNDAY, JANUARY 24

SUMMIT DAY #3: CREATING SAFETY & PLAY

MORNING

Pre-Recorded Video 7:30am – 7:40am: David Hanscom, MD and Les Aria, PhD: Review of Day #2 Summit key points.

7:40am – 7:45 am Les Aria, PhD: Introduction to the day

7:45am – 8:15am Deb Dana, LCSW: Creating Safety Anchors: The Polyvagal Theory

8:15am – 8:45am Matt Lederman, MD and Alona Pulde, MD: Regulation, Resourcing, and Connection: The 3 Prongs to Making Life More Wonderful

8:45am – 9:00am MINDFUL BREAK

9:00am – 9:30am Christopher Germer, PhD: How Self-Compassion Creates Safety & Healing

9:30am – 10:00am James Pennebaker, PhD: The Science behind Expressive Writing and How to Do It

10:00am – 10:15am MINDFUL MOVEMENT BREAK

10:15am – 10:45am Richard Gevirtz, PhD: Heart Rate Variability Biofeedback in the Treatment of Chronic Muscle Pain: How the Vagus Governs Sympathetic Input to Muscle

10:45am-11:15am PLAYFUL MOVEMENT BREAK

11:15am – 11: 30am Stories of Hope

11:30am – 12:00pm Open Q & A

12:15pm – 12:45pm Getting Connected

AFTERNOON

1:00pm – 1:30pm Stephen Porges, PhD and David Hanscom, MD - The Power of Play and Social Connection

1:30pm – 2:00pm Les Aria, PhD: The Role of Group Therapy in Stimulating the Ventral Vagal System

2: 00pm – 2:30pm PLAYFUL MOVEMENT BREAK

30pm – 3:00pm Alberto Villoldo, PhD: The Role of Spirituality in Resolving Chronic Pain

3:00pm – 3:30pm David Hanscom, MD and Les Aria, PhD: Open Q & A - Summary of Day #1-3 of Summit

