



2nd Annual Chronic Pain Summit: A Weekend on Dynamic Healing

February 26-27, 2022

DAY 1: PHYSIOLOGY OF TREAT

MORNING:

8:00am – 8:15am PT (11:00am – 11:15am EST)

Overview/ Introduction - David Hanscom, MD

8:15am – 8:45am PT (11:15am – 11:45am EST)

What is Dynamic Healing? – Minimizing threat physiology – David Hanscom, MD

8:45am – 9:15am PT (11:45am – 12:15pm EST)

Co-regulation – cues of safety vs threat – Stephen Porges, PhD

9:15am – 9:45am PT 5pm – 12:4(12:15am EST)

The link between the autonomic nervous system and mental health – Angelos Halaris, PhD

9:45am – 10:05am PT (12:45pm – 1:05pm EST)

Q&A/ Panel discussion – David Clawson, MD

10:05am – 10:15 am PT (1:05pm – 1:15pm EST)

Break

10:15am – 10:45am PT (1:15pm – 1:45pm EST)

The intersection of metabolic & Mental health – Robert Lustig, MD

10:45am– 11:15am PT (1:45pm – 2:15pm EST)

Why does rejection hurt? Exploring the shared neural circuitry underlying physical and social pain – Naomi Eisenberger, PhD

11:15am – 11:30am PT (2:15pm – 2:30pm EST)

Q&A/ Panel Discussion – David Clawson, MD

11:30am – 12:00pm PT (2:30pm – 3:00pm EST)

Lunch Break

AFTERNOON:

12:00pm – 12:30pm PT (3:00pm – 3:30pm EST)

From the mud up – David Clawson, MD

12:30pm – 1:00pm PT (3:30pm – 4:00pm EST)

HRV as a measurement of threat vs safety – Richard Gevirtz, PhD



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1:00pm – 1:20pm PT (4:00pm – 4:20pm EST)
Q&A/ Panel discussion – Les Aria, PhD

1:20pm – 1:30pm PT (4:20pm – 4:30pm EST)
Break

1:30pm – 2:00pm PT (4:30pm – 5:00pm Eastern Standard Time)
The anti-inflammatory effects of social connection (oxytocin) – Sue Carter, PhD

2:00pm – 2:30pm PT (5:00pm – 5:30pm EST)
How does chronic disease show up to a rheumatologist? – Steve Overman, MD

2:30pm – 3:00pm PT (5:30pm – 6pm EST)
Q&A/ Panel Discussion/ Wrap up – Les Aria, PhD and David Hanscom, MD

DAY 2: MENTAL CONTROL PERPETUATES THE BODY'S THREAT RESPONSE

MORNING:

8:00am – 8:15am PT (11:00am – 11:15am EST)
Overview/ Introduction – Les Aria, PhD

8:15am – 8:45am PT (11:15am – 11:45am EST)
Why Mental Control is the Problem – Steve Hayes, PhD

8:45am – 9:15am PT (11:45am – 12:15pm EST)
Bridge physiology to psychology – Tor Wager, PhD

9:15am – 9:45am PT (12:15pm – 12:45pm EST)
Q&A/ Panel Discussion – David Clawson, MD

9:45am – 10:00am PT (12:45pm – 1pm EST)
Break

10:00am – 10:30am PT (1:00pm – 1:30pm EST)
Predictive coding – When perception and reality collide – Howard Schubiner, MD

10:30am – 11:00am PT (1:30pm – 2:00pm EST)
Pain Reprocessing Therapy – Yoni Ashar, PhD



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11:00am – 11:30am PT (2:00pm – 2:30pm EST)
Q&A/ Panel Discussion

11:30am – 12:00pm PT (2:30pm – 3:00pm EST)
Lunch Break

AFTERNOON:

12:00pm – 12:30pm PT (3:00pm – 3:30pm EST)
Depicting the consequences of being in sustained threat – Alan Abbass, MD

12:30pm – 1:00pm PT (3:30pm – 4:00pm EST)
Minimizing the time in threat physiology – Les Aria, PhD

1:00pm – 1:30pm PT (4:00pm – 4:30pm EST)
Q&A/ Panel discussion - David Clawson, MD

1:30pm – 1:45pm PT (4:30pm – 4:45pm EST)
Break

1:45pm – 2:15pm PT (4:45pm – 5:15pm EST)
How Expressive Writing Creates Safety – Nicole Sachs, LCSW

2:15pm – 2:45pm PT (5:15pm – 5:45pm EST)
Letting go – Bruce Lipton, PhD

2:45pm – 3:00pm PT (5:45pm – 6:00pm EST)
Q&A/Panel Discussion/Wrap up – Les Aria, PhD and David Hanscom, MD