

SEPTEMBER 11TH

PAIN MANAGEMENT ALTERNATIVES:

INFORMATION AND CONCEPTS EVERY PROVIDER NEEDS TO KNOW

DOCTORS • PHYSICIAN ASSISTANTS • NURSES • SOCIAL WORKERS • OTHER HEALTHCARE PROFESSIONALS

October - Mindfulness - Based Stressed Reduction (MBSR)

November - Acupuncture, Chiropractic Therapy and Therapeutic Massage

December - Integrative Medicine Conference

January - Ayurveda

February - Nutrition

March - Yoga Therapy

April - Integrative Medicine in the Clinical Setting

There is a growing body of evidence to show that various forms of traditional, complementary, and alternative medicine (CAM) can be beneficial to patients with pain. At this same time, the medical community is under considerable legal and societal pressure to prescribe fewer opioids and other narcotics that can lead to addiction. The need for clinicians to learn more about, and feel comfortable using alternate methods for treating chronic pain, is as important as ever before.

Through this curriculum, we hope to create and expand awareness of evidence-based, best-practices in CAM that can be easily and successfully incorporated in your clinical setting. Topics will include:

- when to suggest alternative practices
- overview of various clinical modalities
- when to refer
- working collaboratively with other providers
- creating channels of communication
- sharing outcomes data

Katherine Golar, MD, Jaquel Paterson, ND, Tracey Sondik, PsyD, & Kathryn Templeton, MA, RDT/MT

Katherine A. Golar, M.D. is a primary care internist by training. Dr. Golar currently works with Community Health Resources as Primary Care Physician Consultant in the Behavioral Health Homes program.

Tracey Sondik, PsyD, C-IAYT, is a licensed clinical psychologist. Currently, Dr. Sondik is the director of the behavioral intervention service at Connecticut Valley Hospital. She is a certified yoga therapist and has co-chaired the DMHAS statewide Integrative Medicine Committee since its inception in 2016.

Jaquel Patterson, ND, MBA is a naturopathic physician in private practice, and is VP of Operations at Community Health Resources. She also serves as Training Co-Chair for DMHAS Integrative Medicine Collaborative and President-Elect for the American Association of Naturopathic Physicians.

Kathryn Templeton, MA, RDT/MT, E-RYT 500 is a Ayurvedic practitioner and Senior ParaYoga teacher. A psychotherapist for 30 years, Kathryn is a Master Teacher in the field of Drama Therapy and continues to work both clinically and as an educator.



The Connecticut Women's Consortium



SEPTEMBER 11, 2017
 9:00AM - 4:00PM
 CECS: 6 | FEE: \$30
 CMES UPON REQUEST

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