



Bridge The Gap Between Pain Neuroscience and Clinical Application

PESI's Premier Pain Science Event... Delivering an Evidence-Based Toolkit to Retrain the Brain

Learn Live on April 25-26 -OR- Learn On-Demand

Pain is one of the most universally shared experiences, yet **pain management all too often leaves more questions than answers** – not just for patients, but for you.

When treating patients with chronic pain, your success hinges on a blend of current knowledge, evidence-based methods, and practical skills.

Hi. Need any help? of advanced comprehensive learning, you'll develop easy-to-integrate system solutions that **unwind the complexities of pain education and management.**

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Join renowned researcher and author of the Polyvagal Theory **Dr. Stephen Porges** and Dr. Perry Nickelston, DC, Founder of Stop Chasing Pain, along with 14 of the nation's leading clinicians and rapidly **develop an actionable blueprint to instill lasting change into your patients'** lives with evidence-based interventions that deliver enhanced functional outcomes and lasting relief!

Are you ready to revolutionize your approach to pain management? Join us at the forefront of groundbreaking advancements in pain science and clinical application at the highly anticipated Pain Summit! Register Now!

2024 Pain Summit

Bridge The Gap Between Pain Neuroscience and Clinical Application

Live Online Event: April 25 & 26, 2024

\$1,749.87 Total Value

**Just \$199.99 Today — Save 88% off the total value
when you register by 4/16/24**

[REGISTER HERE!](#)

Earn up to **28 CE hours**, including up to 12 live and 16 self-study hours!

[Click here for CE Credit breakdown](#)

[Not sure of your schedule? No problem! Pre-order the self-study version here!](#)

Join Live

✓ Earn up to 28 CE Hours (includes 12 Live CE hours and 16 Self-Study CE hours)

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- ✓ Get your questions answered by leading experts in the field
- ✓ Virtual networking with colleagues across the country
- ✓ Video access available for 30 days afterward

REGISTER HERE!

Learn On-Demand

- ✓ Earn up to 28 self-study CE Hours
- ✓ Completely flexible learning for your busy schedule
- ✓ Watch the videos anytime from anywhere
- ✓ Unlimited access to all summit sessions

PRE-ORDER HERE!

This one-of-a-kind event offers **FRESH** biopsychosocial inspired perspectives for the **EFFECTIVE** management, treatment, and education of chronic pain.

Tune into this multi-day LIVE broadcast, you'll discover:

- ✓ Key strategies for explaining pain to patients
- ✓ The intricate relationship between the vagus nerve, our physiological state, and behaviors
- ✓ Graded exposure as a mechanism to influence the pain threshold.
- ✓ 'Neuroception' as our body's subconscious safety radar

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- ✓ Effective biopsychosocial strategies that calm the nervous system
- ✓ Motivational interviewing strategies to instill real behavior change
- ✓ Reflective practices to enhance practitioner empathy, alliance, and reduce clinician burnout

Register today and you'll get...

- ✓ **2-days of LIVE presentations** from the field's leading experts
- ✓ Up to **12 LIVE CE hours** and an additional 16 self-study CE hours.
- ✓ **On-demand access to summit recordings for 30 days!**
- ✓ Handouts and clinical resources you can use in the clinic tomorrow!
- ✓ Interactive Q&A for each session

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FEATURING THREE INNOVATORS IN THE FIELD



Stephen Porges,
PhD

Dr. Stephen Porges – *International Expert on the Neurophysiology of Emotions, Trauma, Attachment and Self-Regulation.*

There is no better teacher of Polyvagal Theory than the founder himself, Dr. Stephen Porges!

Published in more than 300 peer-reviewed scientific papers across several disciplines, including critical care medicine, ergonomics, exercise physiology, gerontology, neurology, neuroscience, obstetrics, and pediatrics. "Dr. Porges' work has had a profound effect on how my Trauma Center colleagues and I organize the treatment of abused child



Perry Nickelston,
DC, NKT, FMS

Dr. Perry Nickelston — *Founder of Stop Chasing Pain, LLC. AKA 'The Lymph Doc'*

International speaker, educator, author, and chiropractic physician with a primary focus on treating chronic pain and inflammation via the lymphatic and vascular systems.

After healing from a severe back injury and autoimmune disease, he dedicated himself to understanding the systems of the body and what it takes for each system to work synergistically together. He harnesses his expertise to offer self-care approaches to optimize health and performance in others.

On his podcast Stop Chasing Pain, he has shared conversations with some of the biggest names in health and wellness.



Tom Walters,
PT, DPT, OCS

Dr. Tom Walters — Esteemed Author and Founder of Rehab Science™. Creator of a comprehensive, practical self-management book for patients and rehab professionals to take control of the pain experience.

Dr. Walters is a trailblazer in the field of Physical Therapy with a million plus followers. He has been recognized for his impressive body of work on notable platforms such as NPR™, Time Magazine™, Shape Magazine™, Fatherly Magazine™, KTLA TV™, and more!

WHAT PROFESSIONALS ARE SAYING ABOUT THESE SPEAKERS

“Dr. Porges' work has had a profound effect on how my Trauma Center colleagues and I organize the treatment of abused children.” – Dr. Bessel Van Der Kolk

“Perry is a master of the subject and a compelling speaker” – Peter M.

“People don't care how much you know until they know how much you care. It's obvious that Dr Perry is very passionate about optimizing health and performance.” - Jay H.

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"I feel so lucky to have stumbled upon Dr. Tom Walters... As a registered Massage Therapist, I'm always looking for new rehab ideas and his are hands down the best." - Nina G.

"I have been following Dr. Tom Walters for years & when he announced he was writing a book, it was the quickest purchase I could have made! I am a Chiropractic physician and having all this information in one book on how to help my patients through rehab is a game changer!" - Delanie S.

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Live Event Schedule

Day 1 - April 25, 2024

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KEYNOTE:

9:00am - 10:00am CST

Unlock Healing Pathways: The Polyvagal Theory's Role in Chronic Pain Rehabilitation



Stephen Porges,
PhD



Perry Nickelston,
DC, NKT, FMS

- Unravel the concept of 'neuroception', our body's subconscious radar for environmental safety or threat, guiding our physiological and behavioral responses.
- Delve deeper into the 'Social Engagement System', a cornerstone of the Polyvagal Theory, and discover how cues like voice tone or facial expressions can either foster or hinder therapeutic rapport and patient outcomes.
- Unpack the 'Freeze Response', a primal survival mechanism, and learn to discern its manifestations in patients.
- Equip yourself with knowledge on therapeutic models designed to harness cranial nerve feedback for relaxation and threat mitigation.
- Recognize and leverage cues of safety, a pivotal skill in enhancing patient well-being and recovery.

MORE INFORMATION ABOUT THIS SESSION ▬

Dive into the transformative world of the Polyvagal Theory, a groundbreaking exploration of the intricate relationship between the vagus nerve, our physiological state, and resultant behaviors.

Understanding the autonomic nervous system's role is paramount in tailoring treatments for those in chronic pain.

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You'll gain insights into the nexus between chronic pain and autonomic regulation, empowering you to discern when pain transcends its initial cause and becomes a neural imprint.

Join us in this enlightening journey, bridging the chasm between theory and clinical action.

Session 2:

10:15am - 12:15pm CST

A Rehab Science™ Approach to Overcome Pain: Empowering Patients with Practical Strategies for Self-Management and Recovery



**Tom Walters,
PT, DPT, OCS**

- Learn how to progressively load the musculoskeletal system with appropriate levels of input to gradually desensitize pain thresholds.
- Discover graded exposure techniques to reframe pain-avoidance behaviors and overcome fear with movement patterns
- Adopt a Rehab Science approach to empower your patients with self-management interventions to take control of their pain
- Unpack the debate of RICE vs. Movement - What's the optimal approach following injury?
- Delve into whole-body exercise protocols patients can easily follow to reframe their pain experience

MORE INFORMATION ABOUT THIS SESSION

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Session 3:

1:15pm - 4:15pm CST

Bi-Directional Associations of Chronic Pain: Exploring how Trauma may Impact Rehab and Functional Outcomes



Benjamin Keizer,
PhD



John Jones,
PhD

- Develop functional and targeted assessments along with culturally informed conceptualization skills.
- Uncover interventions to fundamentally alter the ways clients' brains and bodies interpret and respond to perceived threats and pain.
- Harness motivational interviewing techniques to encourage patient behavior changes
- Identify and unwind vicious cycles of maladaptive coping strategies

MORE INFORMATION ABOUT THIS SESSION




Day 2 - April 26, 2024

Session 1:

9:00am - 11:00am CST

Integrative Approach for Chronic Pain Syndromes: Multifaceted Solutions for Managing Fibromyalgia & Myofascial Pain

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**Theresa A. Schmidt,
PT, DPT, LMT**

- Strategies to differentiate between the clinical characteristics of fibromyalgia and myofascial pain syndrome/ chronic musculoskeletal pain.
- Unraveling the influence of trigger points in the pain experience – coupled with targeted manual interventions.
- Build confidence performing myofascial release, fascial mobilizations, and positional release techniques
- Develop active neuromuscular strategies that engage the brain-body matrix - Proprioceptive Neuromuscular Facilitation and Muscle Energy Techniques.

MORE INFORMATION ABOUT THIS SESSION



**Vanessa Ruiz,
ND, RN-BSN**

Session 2:

11:15am - 1:15pm CST

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Harnessing the Nervous System as a Therapeutic Intervention: Restoring Care Than Can be Transformational, not Transactional

- Mindfulness, meditation and tapping that promote relaxation and acceptance of physical sensations
- Strategies such as body scanning and progressive muscle relaxation
- Anti-inflammatory nutrition that will improve your client's muscle tension, stress, and quality of life

MORE INFORMATION ABOUT THIS SESSION



Session 3:

2:15pm - 4:15pm CST

Healing Arts: Narrative Medicine and Pain Care

Listen to the Founder of NarrativeRx provide strategies to enhance provider empathy, therapeutic alliance and reduce clinical burnout.



**Julia Schneider,
MA, LMT, C-IAYT**

- Listen attentively and generously to patient stories to enhance patient communication
- Examine personal narratives in supportive group settings to develop critical reflection for expert care.
- Reform healthcare systems that so often miss the story behind the symptom and the human behind the patient.

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- Explore practical tools that enhance patient cooperation and active engagement in their rehabilitation.

MORE INFORMATION ABOUT THIS SESSION



BONUS ON-DEMAND PACKAGE

*The learning doesn't stop live! Earn an additional **16 Self-Study CE Hours included** with this Summit!
That's a **\$909.93 Value, Yours Free!***



**Hayden Center,
PHD, LPC**

Opioid Use Disorders: The Intersection Between Pain Management and the Opioid Epidemic

Dr. Hayden Center, PHD, LPC | [Learn more about Dr. Hayden Center](#)

A deadly epidemic of serious magnitude. The worst drug crisis in U.S. history continues to grab headlines. But you know what lies behind the headlines... people. People left physically and emotionally depleted by highly addictive

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substances. People who desperately need help... YOUR help! Yet drug-driven brain change and dependency make opioid disorders incredibly challenging to manage with life-threatening implications. Are you equipped to make the difference that can save a life? This session will provide you with evidence-based tools and techniques you need to screen for opioid use, eliminate barriers to treatment, overcome co-occurring disorders that impede recovery, and effectively intervene with skilled therapeutic approaches.



Lorimer Moseley,
DSc, PhD, FAAHMS,

The Fit for Purpose Model of Pain and the Bioplasticity of Recovery

Lorimer Moseley, DSc, PhD, FAAHMS, FACP | [Learn more about Dr. Lorimer Moseley](#)

Join one of the world's most influential pain neuroscientists, Lorimer Moseley, as he shares advances in managing one of the greatest challenges in healthcare - pain. Expect current viewpoints and age-old philosophies to be challenged as we examine a new frontier of managing persistent pain. You will be provided with theoretical and reasoning models to guide modern science application in clinical practice. This clinical framework will assist in effective planning of patient recovery. Obtain tools to enable, empower and optimize patient recovery



Beth Darnall,
PhD

Empowered Relief™: A Brief and Scalable Solution for Chronic Pain Management

Beth Darnall, PhD | [Learn more about Dr. Beth Darnall](#)

Join Stanford pain scientist, clinical psychologist, author and international speaker Beth Darnall, PhD, as she introduces Empowered Relief™. Empowered Relief™ is an NIH-funded single-session 2-hour intervention that rapidly equips participants with effective pain relief skills. Remarkably, this method may be delivered by ALL healthcare providers! Avoid a singular focus on interventional and procedural approaches to chronic pain management. Empowered Relief™ complements traditional treatment strategies for meaningful 'whole-person' pain management.



Adriaan Louw,
PT, PhD

Knowing Pain is Not Treating Pain

Adriaan Louw, PT, PhD | [Learn more about Dr. Adriaan Louw](#)


Learn directly from one of the great contributors to pain neuroscience, Adriaan Louw, PT, PhD. Our understanding of pain and how we process persistent pain may offer more clinical value than the actual underlying physical pathology! Discover the evolution and evidence for pain neuroscience education (PNE) AND get clear guidance for screening and when to apply PNE. You'll leave with an understanding of how to incorporate PNE, where, and why.



Age-appropriate intervention strategies for effective treatment, communication and education for pediatric pain

Mica Foster, DC | [Learn more about Mica Foster](#)

Communicating with a child, about what they are experiencing mentally or physically and how to address those challenges can be difficult. For generations, we have not been taught how to connect inter- and intra-personally with our body. A child's nervous system is under constant construction which provides a great framework for neuroplasticity and rapid changes for healing. Dive into a

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framework of brain development and social maturation as it applies to presentation of pain, age-appropriate effective therapeutic communication, and personal health authority. Employ a review of neural pathways of nociception with clear distinction that nociception is not the same as pain. Bring into consideration biopsychosocial aspects of pain and explore an array of non-pharmacological treatment techniques to maximize your therapeutic treatment capacity and effectiveness.



Karen Pryor,
PhD, PT, DPT, CH, CFPS

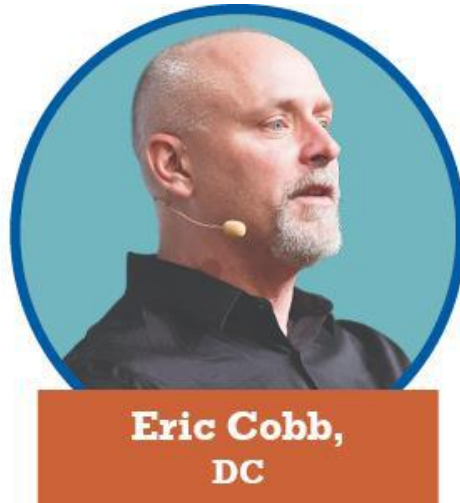
How Sensation of Pain Changes the Brain: Neuroplastic Techniques to Sustain Motor Skills and Memory of Movement

Karen Pryor, PhD, PT, DPT, CH, CFPS | [Learn more about Karen Pryor](#)

Often, we employ a manual approach to alleviate pain, but this addresses only a part of the problem. Even when tissue is healed, patients may continue to report pain sensitivity. Why is this? It's because pain does not always exist as structural experience. Pain signals enter the nervous system, intertwining with our emotions and transmitting information throughout the entire neural network. Join Dr. Karen Pryor and explore the intricacies of pain from its origin to its impact on the brain and, most importantly, how to empower patients with effective coping skills. This

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training aims to guide participants in exploring the complex workings of the nervous system, enabling them to treat both pediatric and adult patients effectively and efficiently.



Targeted Respiratory Training for Pain and Movement Dysfunction

Eric Cobb, DC | [Learn more about Eric Cobb](#)

Respiratory training offers an incredibly powerful tool for pain relief, improved performance, lowered stress, improved sleep, and more. We will examine how to develop a personalized, targeted respiratory training program that offers meaningful and measurable results utilizing the neurology of both voluntary and reflexive breathing. A concise framework focused on the ability to quickly evaluate multiple breathing patterns and the ability to reduce pain and movement dysfunction utilizing targeted breathing exercises will be introduced with guaranteed results.

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Meet Your Experts

Presenting Live on April 25th:



**Stephen Porges,
PhD**

[Click here for information about Stephen](#)

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Perry Nickelston,
DC, NKT, FMS

[Click here for information about Perry](#)



Tom Walters,
PT, DPT, OCS

[Click here for information about Tom](#)



Benjamin Keizer,
PhD

[Click here for information about Ben](#)



John Jones,
PhD

[Click here for information about John](#)

Presenting Live on April 25th:

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**Theresa A. Schmidt,
PT, DPT, LMT**

[Click here for information about Theresa](#)



**Vanessa Ruiz,
ND, RN-BSN**

[Click here for information about Vanessa](#)



Julia Schneider,
MA, LMT, C-IAYT

[Click here for information about Julia](#)

WHY THIS SUMMIT STANDS OUT FROM THE REST


Diverse Lineup of Expert Speakers: Listen to leading experts from a variety of disciplines reveal current practices, needed change, and new perspectives.

Interactive Sessions: Engage in experiential sessions that apply theoretical knowledge to real-world scenarios.

Evidence-Based Research: Dive into hot topics like... Polyvagal theory integration, neuroplastic change, graded exposure exercises, neuroinflammation techniques, motivational interviewing, and more!

Stay Current with New Practices: Stay ahead of the curve with the latest evidence-based research, advancements, and non-pharmacological options offering transformational, and lasting results.

Immediate Clinical Application: Curated to meet real-world needs of any clinician working with patients in pain. Arm yourself with practical skills that you can use on your patients, as soon as the next day!

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Networking Opportunities: Connect with like-minded professionals, fostering collaboration and knowledge exchange through the virtual chat function.

Direct Access to Innovators in the Field: Come prepared with all your burning questions to present to innovators in the field. Receive answers in real-time during the interactive Q&A portion of each session.

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EVENT COUNTDOWN:

NOTE: No additional discounts or coupons may be applied to this course.

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ADA Needs: We are happy to accommodate your ADA needs when you register at least three weeks prior to the event; please call Customer Service for more information at 800-844-8260

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