



Understanding Pain & Healing

WASHAA 7th Annual Conference Agenda

- 8:00 am Registration/Networking
- 8:30 am Welcome & Presenting Sponsor Welcome
- 8:35 am ***Bridging the Pain – Healing Through Empathy***
Dora Gyamati, BS, Inventor of M3B® methodology and Owner of SPIRA POWER YOGA LLC
- 9:05 am ***What Is Pain: Why is it so Difficult?***
David Tauben, MD, Director of Medical Student Education in Pain Medicine and Medical Director for UW TelePain
- 10:05 am ***Managing Pain During the Opioid Overdose Crisis***
Steven Stanos, DO, Medical Director of Swedish Pain Services
- 11:05 am Break
- 11:15 am ***Navigating the Language of Pain***
Sharna Prasad DPT, Lebanon Community Hospital-Samaritan Health Services
- 12:15 pm Lunch and Networking
- 1:00 pm ***The Leading Edge of Health Advocacy: WASHAA and National Efforts***
Robin Shapiro, WASHAA Board Chair
- 1:30 pm Panel Discussion: ***Integrative Strategies to Address Pain and Healing***
Moderator **Steve Overman, MD, MPH**, Sr Medical Director KenSci, Inc and Professor of **Medicine at UW Medical School**
Panel Member 1: ***Mind-Body Connection*** - **Brad Lichtenstein, ND, BCB, BCB-HRV**, Physician, Writer, Educator, Associate Professor, Bastyr University
Panel Member 2: ***Movement and Healing*** : **Dora Gyamati, BS**, Inventor of M3B® methodology and Owner of SPIRA POWER YOGA LLC
Panel Member 3 : ***Cannabis, the Endocannabinoid System, and Pain*** - **Garth E Terry, MD, PhD**, Acting Assistant Professor, Department of Psychiatry and Behavioral Sciences, University of Washington School of Medicine and Physician/Research Associate, Mental Illness Research, Education, and Clinical Center (MIRECC)
VA Puget Sound
- 2:30 pm Break
- 2:45 pm ***Creating A Safe Haven Workshop*** Afternoon Experience Session
David Hanscom, MD Orthopedic Spine Surgeon (Retired) and Founder, Vertus, Inc.
- 3:45 pm Wrap Up & Networking
- 4:00 pm End