



**The Seventh Annual  
Complementary and Alternative Medicine Conference**

**An Integrative Approach to Pain Management:  
Applying a  
Bio, Psycho-Social, Techno, Spiritual Model**

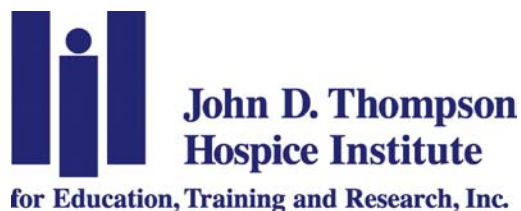
Featuring Kenna Stephenson, M.D., Author of *Awakening Athena*  
And Larry Lytle D.D.S., Ph.D., Author of *Healing Light*

**Monday, June 20, 2005  
8:30 a.m. - 3:30 p.m.**

**This program is sponsored in collaboration with**



Connecticut Holistic Health Association



## Program Agenda

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8:30 a.m. - 9:00 a.m.	Registration and Continental Breakfast
9:00 a.m. - 9:05 a.m.	<b><i>Welcome and Opening Remarks</i></b> Catherine Rosich, Ph.D., Connecticut Hospital Association Michael Basso, Jr., Ph.D., Connecticut Holistic Health Association Luis M. Gonzalez, M.A., M.P.H., H.A., Connecticut Hospice
9:05 a.m. - 9:35 a.m.	<b><u>OPENING SESSION</u></b> <b><i>Applying a Bio, Psycho-Social, Techno, Spiritual Model to Managing Pain</i></b> Michael Basso, Jr., Ph.D. President Connecticut Holistic Health Association
9:35 a.m. - 10:50 a.m.	<b><u>SESSION 1</u></b> <b><i>The Use of Biotouch in Pain Management</i></b> Kenna Stephenson, M.D., F.A.A.F.P. Northcentral University University of Texas Health Center at Tyler
10:50 a.m. - 11:00 a.m.	Break
11:00 a.m. - 12:15 p.m.	<b><u>SESSION 2</u></b> <b><i>Pscho-Social Aspects of Pain Management</i></b> Kathleen Wheeler, Ph.D., A.P.R.N. Fairfield University Soozie Flannigan, A.P.R.N. The Connecticut Hospice
12:15 p.m. - 12:45 p.m.	Lunch
12:45 p.m. - 2:00 p.m.	<b><u>SESSION 3</u></b> <b><i>The Use of Low- Level Laser Therapy in Pain Management</i></b> Larry Lytle, D.D.S., Ph.D. Consultant
2:00 p.m. - 2:15 p.m.	Break
2:15 p.m. - 3:30 p.m.	<b><u>SESSION 4</u></b> <b><i>Spirituality and the Management of Pain</i></b> The Reverend Rose Tressel, M.Div., M.B.A. The Connecticut Hospice

## Continuing Education Information

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This activity has been planned and implemented in accordance with the Essential Areas and Policies of Accreditation Council for Continuing Medical Education through the John D. Thompson Hospice Institute for Education, Training, and Research, Inc. The John D. Thompson Hospice Institute for Education, Training, and Research, Inc. is accredited by the by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The John D. Thompson Hospice Institute for Education, Training, and Research, Inc. designates this continuing medical education activity for a maximum of 5.5 CREDIT HOURS in CATEGORY I of the Physicians Recognition Award of the American Medical Association. Each physician should claim only those hours of credit that he/she actually spends in the educational activity.

This educational activity has been approved for 6.6 hours of continuing nursing education (Contact Hours). Connecticut Healthcare Research and Education Foundation/CHA is an Approved Provider of Continuing Nursing Education by the Connecticut Nurses' Association, An Accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation.

## Featured Speakers

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**Michael Basso, Jr., Ph.D.** is currently the president of the Connecticut Holistic Health Association (CHHA), and is affiliated with the department of psychology at the University of Connecticut and with the Yale University School of Medicine, where he completed his postdoctoral studies. Dr. Basso has written numerous articles, and has been a special guest on radio and television. He is the originator of the TCAM model for the large-scale interdisciplinary education in CAM and is currently working towards the further development and integration of the model. Dr. Basso's graduate studies include a Ph.D. in professional psychology and biomedical systems, an M.S. in engineering science, an M.B.A., and a P.D. degree with a concentration in neural systems and pathophysiology. Dr. Basso is certified in a variety of holistic healing modalities.

**Kenna Stephenson, M.D., F.A.A.F.P.** graduated from the University of Texas and earned an M.D. degree from Texas Tech University Health Sciences Center School of Medicine. She completed a residency at the University of Texas Health Center at Tyler. Dr. Stephenson is board certified in family medicine and a Fellow in the American Academy of Family Physicians. A licensed physician in both Texas and Arizona, she serves as professor of health psychology and behavioral medicine at Northcentral University, and visiting associate professor and scholar in residence at the College of Nursing and Health Sciences at the University of Texas Health Center at Tyler. Dr. Stephenson is a published author. Her current research focus pertains to women's health, preventative medicine, cardiovascular pharmacology, and the bio/psycho/social/spiritual model of patient care. During the course of her clinical career, Dr. Stephenson has provided total-family care, including obstetrical and end-of-life care; community health care; employee health care; and medical care for U.S. veterans. She has served as a physician consultant for Paramount Pictures, and has been featured in weekly television appearances as *Dr. Mom*. Her book, *Awakening Athena*, an inspirational and practical guide to creating good health for women, was released in October 2004.

**Kathleen Wheeler, Ph.D., A.P.R.N.** is a professor at Fairfield University School of Nursing. She started the first psychiatric nurse practitioner program in Connecticut in 1994, and currently is the chairperson of the National Organization of Nurse Practitioner Faculties (NONPF) Psychiatric-Mental Health Special Interest Group and co-chair of the national panel for developing competencies for psychiatric nurse practitioners. She practices as an A.P.R.N. at the Psychotherapy Center in Fairfield, Connecticut. Dr. Wheeler holds certificates in hypnosis and Eye Movement Desensitization Routines (EMDR), and specializes in trauma and anxiety disorders. She earned a bachelor's degree from Cornell-New York Hospital School of Nursing, and a master's and doctoral degree from New York University. Dr. Wheeler is the author of numerous publications, and has conducted research in outcome measurement and instrument development. She teaches holistic nursing at Fairfield University, and has interests in energy medicine and a variety of holistic modalities. Dr. Wheeler is an advisor to the board of directors of the Connecticut Holistic Health Association.

**Soozie Flannigan, M.S., A.P.R.N.**, is the co-director of clinical education for the John D. Thompson Hospice Institute for Education, Training, and Research, Inc. of the Connecticut Hospice. She has over 25 year's experience as a registered nurse, ten of which have been spent in hospice care. Ms. Flannigan is board certified advanced practice nurse in psychiatric and mental health, and a certified hypnotherapist. She earned a master's of science in nursing from Fairfield University School of Nursing. Ms. Flannigan uses her ability to care for the dying in a setting that views the patient as a whole.

**Larry Lytle, D.D.S., Ph.D.** earned a D.D.S. degree from the University of Nebraska and a Ph.D. in nutrition from the Donsbach University. He then practiced general dentistry for the next 34 years. Dr. Lytle is accredited by the American Academy of Cosmetic Dentistry and also by the Academy of Laser Dentistry. He is the developer of direct laser-bonded splints, miracle bite tabs, and easy adjust proprioceptive guides. Dr. Lytle holds several product patents for low-level lasers. He has published a booklet, *Low-Level Laser Therapy, a Laser User Manual*, several videos, and is the author of *Healing Light*. He currently serves as a consultant to several companies in the area of proprioception to the brain and low-level laser therapy.

**The Reverend Rose Tressel, M.Div., M.B.A.** earned a bachelor's of science in education from Central Connecticut State University, a master's of divinity degree from Trinity Theological Seminary, and a master's of business administration from the University of New Haven. She completed a post-graduate chaplaincy internship at Masonicare focusing on support to the elderly in long-term care, and a residency at Hartford Hospital where she specialized in palliative care. Reverend Tressel has been associated with The Connecticut Hospice since 2001, and is presently the chaplain for the Wallingford Home Care Office region.

## Directions

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### **Connecticut Hospital Association, 110 Barnes Road, Wallingford, CT 06492-0090**

**Traveling from New Haven on I 91 North:** Take Exit 15. At the end of the exit, turn left onto Route 68 West. Proceed 0.9 miles to the 5th traffic light (not counting the light at the end of the exit ramp). Turn right onto Barnes Road. Proceed on Barnes Road. A CHA sign will be on the right. Turn right into driveway just before the sign.

**Traveling from Hartford on I-91 South:** Take Exit 15. At the end of the exit, turn right onto Route 68 West. Proceed 0.8 miles to the 4th traffic light (not counting the light at the end of the exit ramp). Turn right onto Barnes Road. Proceed on Barnes Road. A CHA sign will be on the right. Turn right into driveway just before the sign.

**From Wilbur Cross Parkway North (Route 15):** Take Exit 66. At end of exit, turn left onto Route 5 South. Go 0.25 mile to 3rd traffic light. Turn left up short hill to next traffic light. Turn left onto Route 68 East. At first traffic light, turn left onto North Main Street Extension. Take first right onto Barnes Road. CHA is the 2<sup>nd</sup> building on your left.

**From Wilbur Cross South (Route 15):** Take Exit 66. At the end of the exit, turn left onto Route 5 South. Go 0.25 mile to 4th traffic light and turn left up short hill to next traffic light. Turn left onto Route 68 East. At first traffic light, turn left onto North Main Street Extension. Take first right onto Barnes Road. CHA is the 2<sup>nd</sup> building on your left.

**From I-84:** Take Exit 27 and proceed on Route 691 East to the Wilbur Cross Parkway South and take Exit 66. At the end of the exit, turn left onto Route 5 South. Go 0.25 mile to 4th traffic light and turn left up short hill to next traffic light. Turn left onto Route 68 East. At first traffic light, turn left onto North Main Street Extension. Take first right onto Barnes Road. CHA is the 2<sup>nd</sup> building on your left.

## Learning Objectives

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Upon completion of this program participants will be able to:

- Distinguish between systems and reductionism approaches.
- Describe the evolution of the holistic model.
- Outline the bio, psycho-social, techno, spiritual approach to innovative holistic methods.
- Describe the use of biotouch as a new innovation in body/mind medicine.
- Discuss the findings of research projects concerning the use of biotouch for pain management.
- Distinguish between emotional pain and physical pain.
- List cautions to be observed when managing pain.
- Explain Eye Movement Desensitization Reprocessing (EMDR) in pain management.
- Define low-level laser technology.
- Describe how low-level laser technology is applied to medical and dental pain.
- Discuss the use of low-level lasers as a new form of energy medicine.
- Define spirituality and religion.
- Explain the benefits of spirituality in the management of pain.
- Describe spiritual assessment/history models and tools.
- List five basic spiritual needs of every person.
- Identify the many faces of pain expressed by patients.

## Registration Form

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### **An Integrative Approach to Pain Management: Applying a Bio, Psycho-Social, Techno, Spiritual Model**

**Monday, June 20, 2005**

8:30 a.m. - 9:00 a.m. – Registration and Continental Breakfast

9:00 a.m. - 3:30 p.m. – Program (Lunch Provided)

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#### **Please Print Clearly**

Organization \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Name \_\_\_\_\_ Title \_\_\_\_\_

Name \_\_\_\_\_ Title \_\_\_\_\_

Name \_\_\_\_\_ Title \_\_\_\_\_

#### **Registration Fee:**

**A reduced registration fee will be extended to CHA and CHHA members.**

\$125 for CHA Members and CHHA Members

\$250 for Non-Members

**Discounted Rates:** \$330 for 3 individuals from the same member institution, \$110 per person thereafter.

(Price includes Connecticut sales tax (if applicable), continental breakfast, lunch, and program materials.)

Please bill my institution (CHA Members Only)

Check enclosed: \$ \_\_\_\_\_  Visa  Mastercard

Account Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

#### **Fax or Mail Registration Form and Payment to: (No confirmation will be sent.)**

Rhonda Bates, Educational Program & Event Planner, Connecticut Hospital Association

110 Barnes Road, P.O. Box 90, Wallingford, CT 06492-0090

Fax: (203) 284-9318

Cancellations received ten (10) days prior to the program will receive a refund minus a \$25 administrative fee. After that time, you may send a substitute; there will be no refund. CHA members may only substitute with another CHA member to qualify for the member registration fee.

Accessibility Note: If you require auxiliary aids or services to attend this program, contact us in advance by calling (203) 294-7267, by e-mail to [bates@chime.org](mailto:bates@chime.org), or by letter.