

Erie County Task Force and the NYPTA
Alternatives to Pain Management Half Day Conference
September 29, 2018

Session Outline

Session 2: Role of Complementary and Alternative Therapies in the Management of the Opioid Epidemic

Course Instructor: Teresa M. Miller, PT, PhD, GCFP

Course Instructor Background:

Dr. Miller is Associate Professor/Industry Professional and DPT Program Director in the Department of Clinical Health Professions at St. John's University. From 1993 to 2018 she was a PT faculty member at SUNY Downstate Medical Center. Dr. Miller completed a PhD in Physical Therapy from Temple University in 2007, an MS in School Psychology from St. John's University in 1993, a BS in Physical Therapy from SUNY Downstate Medical Center in 1981, and an AAS in Physical Therapy Assisting from Nassau Community College in 1975. She has worked in various practice settings including acute care, outpatient musculoskeletal and pain management, pediatrics, neurorehabilitation, and private practice. She is a Guild Certified Feldenkrais Practitioner^{CM} since 1999. Her areas of expertise include motor learning and motor control, movement systems, neurology, and pain management. She teaches and practices using an evidence-based, patient-centered, systems-based approach to care that integrates traditional physical therapy with complementary and alternative therapies such as Tai Chi, mindfulness, Feldenkrais, visual and motor imagery, and connective tissue work. Dr. Miller's publications and current research agenda include topics in physical therapy such as clinical reasoning, student burnout and student attitudes, the movement system, and the Feldenkrais Method[®].

Time Block: 1 hour

Session Format: Discussion, Lecture/PowerPoint Format
20 Minutes presentation/25 Minutes Lab/15 Minutes Discussion
(Q&A)

Session Description: This didactic and experiential program is designed help physicians become more aware of mind-body and movement based alternatives to opioid use and addiction. Mindfulness, Tai Chi; Yoga, and concepts from the Feldenkrais Method[®] will be explored. Evidence will be presented for each alternative and common threads will be discussed (eg., self-efficacy, mood, body awareness, mobility, balance, flexibility, and pain management). Accessibility of complementary and alternative therapies will be weighed.

Session Objectives:

After completing this session, attendees will be able to:

- 1- Discuss alternatives to opioid use with their patients.
- 2- Cite evidence for each of the alternatives.
- 3- Analyze options available for treatment of pain and addiction.
- 4- Compare accessibility, benefits, and obstacles to using the various complementary and alternative therapies for different patients.

Session Outline:

1. Lecture with PowerPoint slides
 - Description of each of the complementary and alternative therapies, review of evidence and discussion of common threads and accessibility.
2. Lab
 - Exploration of Mindfulness, Tai Chi, Yoga, and Feldenkrais
3. Discussion
 - Questions and answers on evidence