



18th Annual Conference Agenda

Preconference: October 17, 2024

Conference: October 18-19, 2024

The Rimrock Hotel in Banff, Alberta

Accreditation: This Self-Learning program has been certified by the College of Family Physicians of Canada and the Alberta Chapter for up to 19.25 Mainpro+ credits.



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Stuart Miller BSc PT
Janice Rae RN MN
Erin Singer RMT
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Overarching Learning Objectives

- Discuss varying types of chronic pain, including headache and migraine and identify their unique treatments to advance knowledge translation of pain science.
- Explore Interventional diagnostic interventions to manage pain.
- Recognize non-pharmacological and pharmacological methods of pain management.
- Apply skills and knowledge to instruct others about enhanced communication and pain management strategies.
- Reflect on the patient experience from those who have lived it, with patients as teachers.
- Discuss the pharmacological and non-pharmacological management of patients with headache and migraine.

Thursday October 17

Pre-Conference Workshops

Interventional Diagnostic Workshop

*Registration is required. You must be registered for the conference to attend.

1130h **Registration and Lunch**
Wildrose Prefunction and Ballroom

1200h **Welcome and Opening Remarks**
Moderator: Dr. Ashley Smith
Wildrose Ballroom – Salon A

1205h **Interventional Pain Management and Practical Applications in a Primary Care Setting:**
Dr. Ameya Bopardikar

At the conclusion of this presentation, participants will be able to:

- Determining which of your chronic patients may benefit from interventional management
- Discussing and applying the Canadian Pain Intervention Guidelines to your patient population
- To equip community providers with a thorough understanding of interventional pain management techniques, enabling effective collaboration with pain specialists and enhancing patient care within their practice.

1250h **Advanced Spinal Interventions**
Dr. Olivier Clerk

At the conclusion of this presentation, participants will be able to:

- Understand Low back pain generators and targeted physical examination
- Indications for advanced spine interventions and relevant imaging biomarkers
- New low back pain clinical trials available in Alberta

1335h **Rest Break**

1400h **Vertebral Augmentation: State of the Art**
Dr. Olivier Clerk

At the conclusion of this presentation, participants will be able to:

- Indications of vertebral augmentation
- Understand the benefits of vertebral augmentation: pain/biomechanics/mortality
- Advantages of Mechanical Vertebral Augmentation

1445h **Panel Discussion – AllPresenters and Moderator**

1515h **Closing Remarks and Conclusion**



Headache and Migraine Workshop

*Registration is required. You must be registered for the conference to attend.

After completing this workshop, participants will be able to:

- Discuss the mechanisms underlying calcitonin gene-related peptide (CGRP) involvement in migraine and the new CGRP – related therapies.
- Outline a comprehensive treatment program for migraine, including behavioural therapies and acute and preventive pharmacologic therapies.

1515h **Registration** (for those joining HA only)
Wildrose Prefunction and Ballroom

1600h **Welcome and Opening Remarks**
Moderator: Dr. Werner Becker
Wildrose Ballroom – Salon A

1605h **Sexually Dimorphic Mechanisms of Pain and Migraine**
Dr. Frank Porreca

At the conclusion of this presentation, participants will be able to:

- Appreciate consideration of patient sex in therapeutic decisions.
- Identify sexual dimorphic mechanisms promoting nociceptor activation and headache pain.
- Recognize the consequences of chronification of migraine on efficacy of currently available migraine therapeutics

1700h **Pharmacological Management of Episodic Migraine**
Dr. Michael Knash

At the conclusion of this presentation, participants will be able to:

- Learn to recognize and diagnose episodic migraine
- Identify patient characteristics to guide selection of prophylactic treatments
- Develop a framework to apply scientific developments to patient care

1740h **Dinner Buffet**
Exhibitor Booths are open

1830h **Pills, toxins, 'mAbs', and 'Pants': Pharmacologic treatment of Chronic Migraine in 2024**
Dr. Lara Cooke

At the conclusion of this presentation, participants will be able to:

- Outline an appropriate plan for the acute and preventive pharmacologic management of a patient with chronic migraine.
- Discuss medication overuse headache and formulate a treatment plan for a patient with chronic migraine and medication overuse.
- Describe how medication overuse might be prevented in a patient with chronic migraine.



1910h **Psychosocial Assessment and Treatment for Migraine**
Dr. Elizabeth N. Matendechere

At the conclusion of this presentation, participants will be able to:

- Assess for migraine-specific factors and mental health factors with your patients
- Relate Explaining Pain (neuroscience of pain) to psychosocial factors
- Recall the main evidence-based psychological treatments for migraines

1945h **Migraine Medications: Accessing the Newer but Expensive Migraine Therapies**
Rahim Rajan and Qaim Giga

At the conclusion of this presentation, participants will be able to:

- Identify the specialty migraine medications.
- Summarize key barriers in accessing the specialty migraine medications.
- Illustrate key considerations and strategies to help physicians access specialty migraine medications for their patients.

2005h **Panel Discussion – With all Presenters**

2020h **Closing Remarks**
Dr. Werner Becker

2030h **Workshop Concludes**



Friday October 18

25% of each session will be dedicated to Q&A

0715h **Breakfast and Registration**
Wildrose Pre-Function and Ballroom

0800h **Welcome and Introductions**
Moderator: Dr. Elisabeth Saxton
Wildrose Ballroom

0815h **2024 Guideline for Cannabis and Chronic Pain**
Dr. Jason Busse

At the end of this presentation, the participant will be able to:

- Interpret effect estimates considering the minimally important difference.
- Understand the role of patients' values & preferences in guideline development.
- Communicate the difference between conditional and strong clinical practice recommendations.

0915h **What can we learn from integrative oncology successes in pain management?**
Dr. Linda Carlson

Dr. Carlson will review the field of integrative medicine and summarize the literature around pain management in integrative oncology. She will also summarize recommendations for nonpharmacological pain management from oncology guidelines and review the types of integrative therapies included in the guidelines, including acupuncture, yoga, mindfulness-based interventions and other mind-body therapies.

At the conclusion of this presentation, participants will be able to:

- Define Integrative Oncology.
- List several integrative interventions for pain management.
- Describe the scientific literature supporting integrative interventions for pain management.

1005h **Refreshment Break**
Wildrose Prefunction, Exhibitor Booths are open

1035h **Welcome back - 5 Minute presentation – non accredited**

1040h **Exercise and Cancer Pain**
Dr. Margaret McNeely

At the conclusion of this presentation, participants will be able to:

- Describe how exercise may benefit individuals with cancer-related pain.
- Cite the prevalence and severity of pain in individuals participating in the Alberta Cancer Exercise program.
- Compare and contrast the characteristics of individuals with cancer who may or may not respond to exercise as a supportive care intervention.



1135h **Chronic Pain in Veterans: What we lose, what we gain, and what we need to give up.**
Duncan Redburn

At the end of this presentation, participants will be able to:

- Recognize what chronic pain depletes and affects such as employment, purpose, activities and enjoyment, relationships.
- Understand the intertwined nature of chronic pain and the Armed Forces lifestyle that can lead to depression, anxiety, anger, fear.
- Explore processing perspective changes that could help Veterans adopt healthy behaviors within a life affected by chronic pain

1210h **Lunch**
Wildrose Prefunction and Ballroom

1230h **Presentation Forthcoming. *Non-Accredited**

1300h **Lunch continued**
Exhibitor Booths are open

1315h **Welcome Back**
Moderator: Evan Ward
Wildrose Ballroom

1320h **The Science of Headache Medicine**
Dr. Michael Knash

At the conclusion of this presentation, participants will be able to:

- Gain familiarity with the ever-growing migraine prophylactic armamentarium
- Understand the science behind recent updates to headache medicine
- Review scientific areas that may affect patient care in the future

1415h **Alberta Virtual Chronic Pain Program & Evidence-Based Models of Care – Alberta & Beyond**
Dr. Magali Robert, Susan Sobey-Fawcett & Dr. Elena Lopatina

At the end of this presentation, the participant will be able to:

- Position the AVCPP within the framework of chronic pain delivery within Alberta.
- Build on the foundations of the AVCPP by providing consistent and supportive care to patients with chronic pain.
- Become aware of concepts and evidence related to models of care.

1510h **Refreshment Break**
Exhibitor Booths are open

1540h **Welcome Back - 5 Minute presentation – non accredited**



1545h **Reconsidering Chronic Pain: New Research Validates New Approaches**
Dr. Howard Schubiner

At the end of this presentation, participants will be able to:

- Identify disorders that fit into a structural disease state versus primary pain conditions
- Describe the underlying neuroplastic mechanisms of primary pain
- Recognize new research showing that Pain Reprocessing Therapy and Emotional Awareness and Expression Therapy are effective for primary pain conditions
- Outline how these models can be used in clinical practice

1645h **Interplay between sleep disorders and pain and their management**
Dr. Payman Hajiazim

At the end of this presentation, participants will be able to:

- Describe the physiologic roles of sleep in the pain perception
- Describe the shared risk factors of each sleep disorder and the localized/distributed pain disorders
- Describe the bidirectional effects of each sleep disorder and the localized/distributed pain disorders
- Provide multimodal management planning for the pain disorders comprising sleep treatments

1735h **Closing Remarks and Conclusion of Day One**

1745h **Annual General Meeting (1h)**
Hawthorne Room
All attendees are invited.

Free evening for all attendees. If you are dining at the hotel or going into town, please ensure you make reservations in advance.

Saturday October 19

25% of each session will be dedicated to Q&A

0715h **Breakfast**
Wildrose Prefunction and Ballroom

0755h **Opening Remarks**
Moderator: Dr. Ashley Smith
Wildrose Ballroom

0800h **Therapeutic Relationships in the Real World**
Dr. Maxi Miciak

At the conclusion of this activity, participants will be able to:

- Communicate key principles for establishing and strengthening therapeutic relationships.
- Identify potential areas of tension that can derail therapeutic relationships.
- Reflect on personal strengths and challenges in developing therapeutic relationships with people living with pain.

0855h **Rising Tides: Collaborative Learning, Care Planning and Treatment Lifts Us All**
Dr. Richard McIlmoyle

At the conclusion of this activity, participants will be able to:

- Appreciate the impact of collaboration on patient outcomes
- Reveal the value of collaboration for health care providers beyond the patient encounter.
- Identify actionable items to assist practitioners integrate best practices.

0945h **Refreshment Break**
Exhibitor Booths are open

1015h **Welcome Back**
5 Minute presentation – non accredited

1020h **A Multidisciplinary Approach to Temporomandibular Joint Disorders**
Dr. Ivonne Hernandez, Dr. Reid Friesen, Nadine Fennig and
Dr. Elisabeth Saxton

At the conclusion of this activity, participants will be able to:

- Recognize available treatment options from other healthcare professionals to enhance patient care for temporomandibular joint disorders.
- Explore the indications and benefits from a multidisciplinary approach for chronic orofacial pain/TMD conditions
- Educate the patient regarding the various treatment options across health disciplines to better manage their orofacial pain conditions and treatment options.



1115h **Innovative Strategies for Sensory Neuroplasticity: Advancing Rehabilitation for Persistent Pain (Virtual)**
Dr. Elan Schneider

At the end of this presentation, participants will be able to:

- Explain the concept of sensory neuroplasticity and its role in persistent pain. This objective focuses on building foundational knowledge. Participants should understand how the brain can adapt and reorganize itself in response to sensory information and how this can contribute to the persistence of pain.
- Identify innovative strategies utilizing sensory neuroplasticity for chronic pain management. This objective focuses on new approaches. Participants should learn about emerging techniques that leverage neuroplasticity to help patients retrain sensory perception.
- Develop a plan for incorporating these strategies into their own practice or self-management regimen. This objective focuses on application. Participants should be able to translate the learned information into actionable steps. This could involve discussing how to integrate these strategies into existing treatment plans for healthcare professionals or personal care plans for patients.

1205h **Lunch**
Exhibitor Booths are open
15 Minute presentation forthcoming *Non-Accredited

1300h **Welcome back**
Moderator: Janice Rae

1310h **Work Disability and Return to Work**
Dr. Dwayne Van Eerd

This presentation covers research about return to work (RTW) and work disability from the last two decades from a workplace perspective. This includes a description of the evidence from a comprehensive literature review which resulted in seven principles of RTW. The findings from a subsequent literature review will also be presented which reveals additional evidence about workplace-based interventions. The findings show that multi-faceted interventions that address healthcare provision, service delivery and workplace modifications are effective for RTW. There were few studies that examined recovery outcomes. In addition, some recent research about RTW and work disability in policing will be presented. This research highlights some important aspects of workplace culture as well as the importance of communication, trust, along with accommodations.

At the conclusion of this presentation, participants will be able to:

- Recognize key return to work principles
- Identify workplace barriers to return to work
- Demonstrate communication needs for workplace parties

1400h **Transition to Breakout Sessions**

Track One A Clinical Approach to Assessment and Reversal of Primary Pain Syndromes

Dr. Howard Schubiner
 Moderator: Bonnie Klassen
 Room: Hawthorne A/B

At the end of this presentation, participants will be able to:

- Describe the role of the brain in chronic painful disorders
- Determine which patients have primary pain disorders
- Discuss primary pain disorders in a clear and compassionate manner.
- Describe research using Pain Reprocessing Therapy and Emotional Awareness and Expression Therapy for chronic pain
- Initiate treatment and referral for primary pain conditions

Track Two Convergence: How Modern Yoga Techniques Relieve Pain

Jeff Mah
 Moderator: Erin Singer
 Room: Yarrow (Level 5 – down one level)

At the end of this presentation, participants will be able to:

- Explore and participate in meaningful personal experiences with modern yoga techniques such as somatics, breathwork, meditation and rolling to help prevent and relieve pain.
- Evaluate how movement deficits and tightness can be explored as a potential source of focus for pain relief.
- Recognize the connection between physical and emotional states as related to pain.

Track Three TMJ screening & TMJ Examination: An Interactive Workshop

Dr. Ivonne Hernandez and Dr. Reid Friesen
 Moderator: Penny Barnes
 Room: Hawthorne C

At the conclusion of this activity, participants will be able to:

- Explore key screening questions for temporomandibular joint disorders
- Recognize the value and indication of the most common imaging for temporomandibular joint disorders
- Demonstrate key diagnostic techniques for temporomandibular joint disorders through practical assessments.

Breakout Session Two

Track One Approaching Challenges to Nutrition in Chronic Pain

Marlene Graham and Carolyn Barber

Moderator: Penny Barnes

Room: Hawthorne A/B

We have found that Chronic pain patients often present with multiple concerns impacting their nutritional status - such as food intolerance, poor appetite, food insecurity, to name a few. As we review the evidence around nutrition and pain management, we will also address some of these complexities, providing you with strategies to identify and manage the nutritional health of your patients who are experiencing chronic pain.

At the end of this presentation, participants will be able to:

- Identify 3 risk factors for malnutrition and how to address
- Describe 3 ways an individual can increase their relationship with food.
- Recall three cost effective strategies to increase anti-inflammatory foods in one's diet.

Track Two Encountering the void: a journey into understanding the pelvic floor.

Safa Rahman

Moderator: Erin Singer

Room: Hawthorne C

At the end of this presentation, participants will be able to:

- Name three muscles or muscle groups that are functionally related to the pelvic floor.
- Teach patients tools to improve pelvic floor awareness.
- Teach patients how to activate and relax appropriate pelvic floor muscles, regardless of gender.

Track Three Image-guided Interventions for Gluteal Pain of Spinal Origin

Dr. Amir Pakdel

Moderator: Bonnie Klassen

Room: Yarrow (Level 5 – down one level)

At the end of this presentation, participants will be able to:

- Distinguish various anatomical etiologies for gluteal pain and their associated pathophysiology.
- Utilize history and physical examination to identify most likely pain generators referring to the gluteal regions and learn the utility of various imaging modalities for diagnosis.
- Provide targeted procedure referrals for various spinal image-guided interventions.

President's Gala – Wildrose Ballroom

1830h	Cocktails (cash bar is available)
1900h	Gala Commences (doors open)
1910h	Welcome Address
1930h	Dinner
2130h	Dance to follow

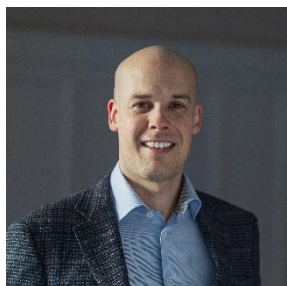
Meet our Presenters and Moderators

Pre Conference Interventional Workshop



Dr. Ameya Bopardikar MD, FRCPC (Anaesthesiology)

Dr. Ameya Bopardikar is a chronic pain physician and an anaesthesiologist in Calgary. He currently serves as the Clinical Lead for Interventional Pain at the Chronic Pain Centre. Apart from clinical care, Dr. Bopardikar also provides chronic pain education for medical residents at the University of Calgary and has received the Pain Medicine Innovations in Pain Education award.



Dr. Olivier Clerk

Dr. Olivier Clerk is the President of Beam Radiology and practices as a neuroradiologist and musculoskeletal interventionalist in Calgary, Canada. Dr. Clerk is an expert in diagnosing spine pathologies and providing interventional treatment strategies via image guided procedures.

He is board certified in Diagnostic Radiology and Interventional Pain Management, with fellowship training from Massachusetts General hospital and the Spine Fracture Institute. He also completed the Board of Examination of the WIP and is a Fellow of Interventional Pain Practice. Dr. Clerk contributes to multiple pain management expert committees and guidelines redactions. He is a founding member of the Interventional Spine Council of the American Society of Spine Radiology (ASSR)/American Society of Neuroradiology (ASNR).

Pre Conference Headache and Migraine Workshop



Dr. W. J. Becker MD, FRCPS (Neurology)
Professor Emeritus, Department of Clinical Neurosciences,
Cumming School of Medicine, University of Calgary.

Dr. Becker is a neurologist and Professor Emeritus at the University of Calgary. He received his MD degree from the University of Manitoba, and completed his neurology training at McGill University, Montreal. He is a past – president of the Canadian Headache Society and has focused his clinical work on headache for many years. In 2003 he founded the Calgary Headache Assessment and Management Program, a multidisciplinary program dedicated to improving the lives of those with headaches in Calgary and Southern Alberta.

He has served on the boards of the International Headache Society and the American Headache Society and co-chaired the International Headache Congress in Vancouver in 2017. He received the Alberta Medical Association Medal for Distinguished Service in 2013, the Canadian Headache Society John Edmeads Award in 2018, and The Pain Society of Alberta Lifetime Achievement Award in 2019.



Dr. Lara Cooke, MD, FRCPC
Headache Specialist, Professor of Neurology
Cumming School of Medicine, University of Calgary

Dr. Cooke is a Professor of Neurology at the Cumming School of Medicine. Her career has focused on medical education across the continuum from undergraduate to professional development and health systems research and leadership. Dr. Cooke has held multiple leadership positions in medical education including Assistant Dean of Faculty Development, Residency Program director, Associate Dean of Continuing Professional Development, and as a Clinician Educator for the Royal College of Physicians and Surgeons of Canada. She led the development and evaluation of an innovative, evidence-informed framework for audit and group feedback to enhance physician performance (The Calgary Audit and Feedback Framework, Cooke et al Implementation Science 2018).

In her current role as Section Chief of Neurology at the Cumming School of Medicine, she is developed a national set of Quality Indicators for Inpatient Neurology Care with a view to applying these using Audit and Group Feedback to drive excellence in the Division of Neurology. Clinically, she specializes in headache medicine, having trained under Dr. Werner Becker at the University of Calgary. She has worked at the Calgary Headache Assessment and Management Program in Calgary for almost 20 years.



Qaim Giga, JD, MBA

Qaim Giga is an experienced entrepreneur, corporate finance lawyer and healthcare thought leader. He has been highly engaged in healthcare systems, industry structure and advocacy in facilitating health and drug access for specialty services and pharmaceuticals across the province. Qaim completed his Bachelor of Arts at McGill University (with distinction) and following this he successfully concurrently completed his Juris Doctor and MBA at the University of Calgary. He then practiced with leading national firms as an attorney, representing clients on some of the largest corporate finance transactions in North America while pursuing his interests in healthcare. In addition to

many other awards, Qaim was also the youngest recipient of the Governor General's Caring Canadian Award in 2006 in recognition of his global charitable initiatives.



Dr. Michael Knash MD, FRCPC
Neurology Associate Clinical Professor

Dr Michael Knash is a neurologist with a special interest in the diagnosis and management of headache disorders. He practices in Edmonton where he has run both community and University based headache clinics and focuses on Quality Improvement initiatives in the delivery of headache care.

Academically Dr Knash is a Clinical Professor within the Division of Neurology at the University of Alberta. He is active in resident and medical student education having created a Headache Rotation at the University of Alberta for neurology residents, for which he also currently acts as coordinator and supervisor.

Dr Knash is past-Vice President of the Canadian Headache Society. He is an Executive Member, Exam Developer, and Examiner for the Royal College of Physicians and Surgeons of Canada in the subspecialty of Pain.



Dr. Elizabeth Matendechere
Registered Psychologist
AHS, Chronic Pain Center

Dr. Elizabeth Matendechere is a Registered Psychologist in the Province of Alberta.

Elizabeth completed her bachelor's degree in education at Kenyatta University, master's degree in counseling, at Dallas Baptist University, and her Doctorate Degree from Northcentral University, Phoenix Arizona. Elizabeth is a Clinical Psychologist and Consultant at the Chronic Pain Center, General Associate at the University of Calgary, and Owner of Hadassah Psychological Services. Elizabeth has worked in a variety of settings over the past 16 years: in a Domestic Violence Shelter, Psychiatric Hospital, and Substance Abuse Treatment Center; all in Dallas, Texas.

In Canada she worked with Aventa Foundation for Women treating addictions from a trauma perspective. With AHS, she has worked in several specialties including Women's Health at South Health Campus, Mental Health at Arnika, Forensics at the Calgary Remand Center, and currently with the Chronic Pain Center.



Frank Porreca, Ph.D., Professor

Dr. Frank Porreca is the Cosden Professor of Pain and Addiction Studies in the Department of Pharmacology at the University of Arizona in Tucson, Arizona. Dr. Porreca's research focuses on understanding circuits and mechanisms promoting chronic pain, migraine, post-traumatic headache and opioid addiction. He has explored the impact of pain on motivation and reward as a basis for enhancing translation. Several themes have been emphasized including (a) the role of descending modulatory circuits in chronic pain states; (b) the mechanisms by which opioids and stress engage these circuits and (c) the discovery of molecules that can modulate

these circuits through novel mechanisms. His recent work has focused on sexually dimorphic mechanisms of pain and headache.



Rahim Rajan, BScPharm, APA

Rahim has been a pharmacist since 2006. He has owned, operated and managed large franchise and big-box pharmacies in Edmonton and Calgary. Rahim became disillusioned with the big-box approach to pharmacy practice and wanted to create a pharmacy that puts patients first. In 2016, He co-founded Capsule Pharmacy, which now has multiple locations in Calgary. Rahim manages a clinical team of pharmacists and pharmacy staff to provide excellent care to patients.

Over the past several years, his efforts have been dedicated to the area of specialty pharmaceuticals and advanced therapies, working diligently to remove barriers and helping to facilitate streamlined patient access to specialty medications through clinical collaboration, advocacy endeavors and building focused expertise. Rahim obtained his Bachelor of Pharmacy from the University of Alberta, and later obtained his certification to administer injections and additional prescribing authorization (APA).

Conference Presenters



Carolyn Barber, Registered Dietitian

Carolyn first developed a love for food from her family: her mom who loves to cook, her dad who loves to eat, and her grandfather who grew a fabulous vegetable garden. Eating carrots with the dirt still on them and peas out of the pod while still picking them can't be beat for sweet! However, it was a diagnosis of celiac disease in the late 1990's that inspired Carolyn to study nutrition and dietetics to help support others learning to live with chronic disease as well.

Carolyn currently gets to live the dream at Mosaic Primary Care Network in Calgary working with adults with chronic disease and supports people living with chronic pain along with the rest of the team at Mosaic Pain Management Clinic.



Dr. Jason Busse Professor, DC, PhD

Jason Busse is a Professor in the Departments of Anesthesia and Health, Evidence and Impact at McMaster University, Director of the National Pain Centre, and Associate Director of the Michael G. DeGroote Centre for Medicinal Cannabis Research. He holds a CIHR Canada Research Chair in the Prevention and Management of Chronic Pain.



Dr. Linda E. Carlson PhD, RPsych
Professor, Department of Oncology
Cumming School of Medicine, University of Calgary

Dr. Linda Carlson has held the Enbridge Research Chair in Psychosocial Oncology since 2007, is Full Professor in Psychosocial Oncology in the Department of Oncology, Cumming School of Medicine at the University of Calgary, and Adjunct Professor in the Department of Psychology. She is the Director of the Alberta

Complementary Therapy and Integrative Oncology (ACTION) Centre (ACTION Centre and is Director of Research and continues to work as a Clinical Psychologist at the Department of Psychosocial Resources at Cancer Care Alberta, where she has provided clinical service since 1997.

Dr. Carlson's research in Psychosocial Oncology, Integrative Oncology and Mindfulness-Based Cancer Recovery has been published in over 250 peer-reviewed papers in many high-impact journals, she has published two full books, many book chapters, holds several millions of dollars in grant funding and is regularly invited to present her work at international conferences.



Nadine Fennig

Nadine Fennig is one of two co-founders of Body Restoration and currently serves as the organization's Director of Operations. Nadine graduated from the University of Alberta in 1997 with a Bachelor of Science in Physical Therapy (with distinction).

Nadine has pursued several post graduate courses and certifications including a Certificate in Manual Therapy from Curtin University, a Certificate in Gunn Intramuscular Stimulation (CGIMS), a Certificate in Acupuncture from the Acupuncture Foundation of Canada Institute (CAFCI), a Certificate in Cervical and Temporomandibular Therapeutics from the Physical Therapy Board of Craniofacial and Cervical Therapeutics (CCTT), and a Certificate in in Musculoskeletal Sonography (RMSK).

Nadine has always been very passionate about collaboration and sharing knowledge with other disciplines as well as inside the physiotherapy profession. She has lectured at the University of Alberta in both the Department of Dentistry as well as the Department of Rehabilitation Medicine.



Dr. Reid Friesen BMSc, DDS, MSc, FRCD(C)
Oral Medicine Specialist
Assistant Professor at University of Alberta School of Dentistry

Dr. Reid Friesen serves as an Assistant Professor at the University of Alberta, where he educates Oral Medicine graduate students, as well as undergraduate dental and dental hygiene students. He is an active member of the Royal College of Dentists of Canada (RCDC), the American Academy of Oral Medicine (AAOM), the Pain Society of Alberta, and the Canadian Academy of Oral and Maxillofacial Pathology and Oral Medicine. His clinical and research pursuits are dedicated to the management of chronic orofacial pain, with a particular emphasis on temporomandibular joint disorders.



Marlene Graham RD, CDE

A registered dietitian with the College of Dietitians of Alberta since 2001. Over the past 23 years, Marlene has had the opportunity to work in Dietetics across the entire lifespan. After gaining a position with the Mosaic Primary Care Network in 2011, she found her passion in the area of chronic disease management. Marlene gained her certification as a diabetes educator in 2013 and in 2019 joined the Pain Management Clinic Team at Mosaic PCN where she continues to be an active member. Direct patient care, in group and individual settings, has always been Marlene's focus.

Marlene is also a keen learner and takes advantage of as many continuing education opportunities and related courses as possible.

When Marlene is not busy in the field of Nutrition she enjoys the outdoors. Lucky enough to have been raised on a farm in Southern Saskatchewan - living off the land, now Marlene finds the mountains calling to her, she spends her weekends hiking and trail running with friends and family.



Dr. Payman Hajiazim

Dr. Payman Hajiazim completed his MD at Tehran University in 1999 and his residency training at SBMU University in Tehran in 2006. In 2011, he completed the fellowship program of psychotherapy at the University of Toronto before starting his training in sleep medicine in 2012, which ended in 2014.

Dr. Hajiazim moved to Calgary early 2015 and became affiliated with the University of Calgary as a clinical assistant professor in psychiatry and sleep medicine. He is also a full member of the Hotchkiss Brain Institute and a member of the Mathison Center.

Dr. Hajiazim is designated by the Royal College of Physicians and Surgeons of Canada in Sleep Disorder Medicine as well as Psychiatry. He is recognized as an Expert in the field of Sleep and a certified Somnologist by the European Sleep Research Society.

He has been practicing for more than twenty years and the last ten years has been dedicated to the practice in Alberta. Dr. Hajiazim is the CEO, and medical director of the "Sleep and Wake Clinic" in Rockyview Health Centre. He has been Principal Investigator for several clinical trials in the novel insomnia treatment, and excessive daytime sleepiness, and Cataplexy treatment in patients with narcolepsy, along with some other ongoing research projects.

Recent peer-reviewed publications include co-authorship on the textbook of CPAP Adherence, Factors and Perspectives. Outside of his practice, research, and administrative work, Dr. Hajiazim enjoys being a father along with biking, running, and travelling.



Dr. Ivonne A Hernández
DDS, MSc, DABOP, CIME
University of Alberta, Private Practice

Dr. Hernández is the current President of the Pain Society of Alberta. She has been practicing Dentistry for over 30 years. She obtained her Doctor of Dental Surgery from the University of Concepcion, Chile (1992) and University of Alberta (2005). She also completed her TMD/Orofacial Pain Residency (2002) and

Masters in Medical Sciences (2003) at the University of Alberta. She became Board Certified in Orofacial Pain in 2004.

Dr. Hernández is passionate about the field of pain management and belongs to several other professional pain organizations. Dr. Hernández maintains a busy private practice and teaches the Oral Medicine Graduate Program, University of Alberta.



Dr. Elena Lopatina MD, PhD

Dr. Elena Lopatina, MD, PhD is Senior Scientist with the Alberta Virtual Pain Program and Alberta Pain Strategy at Alberta Health Services and an Adjunct Assistant Professor in the Department of Community Health Sciences, Cumming School of Medicine at the University of Calgary. She is also a Co-Chair of the Alberta Pain Strategy's Steering Committee.

Her embedded research program focuses on the design, implementation, and evaluation of the Alberta Virtual Pain Program and shaping the learning health system for chronic pain management in Alberta.



Jeff Mah
Owner, The Yoga Lounge

With twenty years of teaching experience, Jeff's approach to yoga is continuously evolving. An explorer at heart, he is consistently seeking techniques that truly address the physical, mental and spiritual needs of today's student. Be prepared to move, laugh, and find release from tightness and challenge! Off the mat, he is an avid mountain biker and skier. From a community perspective, he is

an elected official for Canmore town council and cares deeply for social issues that challenge our mountain town.



Dr. Richard McIlmoyle
BSc, DC, PGPain

Dr Richard McIlmoyle has been a practicing chiropractor for 20+ years with additional post graduate education in pain management. He has presented internationally and currently provides instruction to chiropractors through PainBC and private continuing education courses.

Additionally, he acts as a mentor in the BC Adaptive mentorship network (a collaboration between PainBC and the centre for effective practice) and sits on the Canadian Chiropractic Research Foundation board of directors as the Chair of the Research committee.



Margaret L. McNeely, PT, PhD

Margaret (Margie) McNeely is a Professor in the Departments of Physical Therapy and Oncology at the University of Alberta, in a jointly funded position with Cancer Care Alberta. She is also the Director of the Cancer Rehabilitation Research Clinic at the University of Alberta.

Her areas of methodological expertise include randomized controlled trials, impairment-based cancer rehabilitation, exercise prescription, and implementation practice. Her primary research interests involve examining physical therapy and exercise interventions for cancer-related shoulder dysfunction, peripheral nerve injury, and lymphedema.



Dr. Maxi Miciak PhD, PT

Dr. Maxi Miciak's research draws upon by her experiences as a physiotherapist supporting people with musculoskeletal, chronic, and post-viral conditions, as well as traumatic psychological injury, to probe the relational aspects of care and the use of telerehabilitation in these populations.

Her pragmatic conceptual framework of the therapeutic relationship in physiotherapy has been used in research, clinical practice, and entry-to-practice and post-graduate education and has resulted in numerous invitations to speak at local, national, and international webinars, events, and conferences in physiotherapy and inter-professionally. Maxi is currently an Assistant Teaching Professor in the Faculty of Rehabilitation Medicine, University of Alberta.



Dr. Amir Pakdel MD, PhD, FRCPC

Dr. Pakdel is an early-career radiologist whose passion lies at the intersection of pain intervention and spine/musculoskeletal imaging. His journey into medicine began with a biomedical engineering PhD at the University of Toronto, where his research focused on image-guided interventions. He then completed medical school at the University of British Columbia, followed by radiology residency and further training at the University of Alberta. Dr. Pakdel's current interventional practice in Calgary emphasizes an integrated clinical and imaging approach to spine and musculoskeletal pain management.



Safa Rahman, PT

Registered Pelvic Health and Orthopedic Physiotherapist
Certification in Medical Acupuncture
Trauma-sensitive Yoga therapist

Safa Rahman, BScPT, has been a Physiotherapist for over 28 years. Much of her experience is in orthopedics though for the last 18 years she has been focused primarily on pelvic health and chronic pain for all genders. She currently works closely with urologists, and practitioners at the Prostate Cancer Centre, as well as with providers serving the transgender community. She has a wonderful collaborative relationship with pain specialists across disciplines in Calgary.

Safa takes the utmost care to ensure an environment that is trauma-informed, culturally sensitive and non-violent, and she incorporates medical acupuncture, evidence-based practice, fascial awareness, breathwork, yoga therapy and pain science into her treatment options. Safa has also completed the 500-hour Yoga Teacher Training program and is on faculty at the Myofascial Yoga Institute. She is an activist and supporter of the LGBTQIA2S+ interfaith community and is a strong believer in the healing properties of sunshine, nature, children and community.



Duncan Redburn

Duncan Redburn retired from the Cdn Armed Forces in April 2021 after ~20yrs of service, and 2x deployments in Afghanistan, as an Infantry Officer with the Princess Patricia's Canadian Light Infantry (PPCLI). He immediately joined the Chronic Pain Centre of Excellence (CPCoE) for Veterans that summer and has been involved with the Advisory Council of Veterans (ACV) in their project and research prioritization boards, annual stakeholder conferences, and their

Knowledge Mobilization Champion Group.

Duncan holds a Master's of Arts in Interdisciplinary Studies from Royal Roads University centred on organizational design, workplace culture, and culture change. As a veteran living with chronic pain, Duncan provides his perspective as to what it means to lose one's employment, purpose, and identity to assist researchers in understanding the distinction that veterans present to the conversation of living with chronic pain.



Dr. Magali Robert MD, MSc

Magali Robert is the Medical Lead for the new Virtual Pain Program. She is also the Medical Director of the Calgary Chronic Pain Centre. With over 25 years of clinical experience helping manage women with pelvic pain, Magali recognizes the continued need to improve access and care.



Dr. Elisabeth Saxton R. Psych

Dr. Elisabeth Saxton is a clinical psychologist who began her career in rehabilitation in 2006. Beginning as a member of an interdisciplinary team, then becoming increasingly involved in assessment, training, program design and program evaluation. Elisabeth empowers clinicians to innovate while still focusing on best practice and inviting feedback from the people they serve. She has helped develop and scale Psychological Injury programs across Canada and believes the best health care is achieved by teams who both cheer and

challenge each other and their clients.



Dr. Elan Schneider DPT, CYT

Dr. Elan Schneider is a physical therapist passionate about innovation in pain care. He co-founded TrainPain.com, a digital health company using neuroplasticity to create novel tools for helping people with complex pain. Through RetrainPain.org, his free patient education resources and professional courses have helped over a million people learn biopsychosocial principles to treat and overcome pain. A strong advocate for awareness of modern pain science

discoveries, Dr. Schneider champions improved patient centered care through innovation, informed policy and healthcare reform.



Dr. Howard Schubiner

Dr. Howard Schubiner is an internist and pediatrician, who attained the rank of full Professor at Wayne State University School of Medicine in 1999. He is the director of the Mind-Body Medicine Center at Ascension Providence Hospital in Southfield, Michigan. He is a Clinical Professor at the Michigan State University College of Human Medicine and is a fellow in the American College of Physicians, and the American Academy of Pediatrics. He has authored more than 100 publications in scientific journals and books, and lectures regionally, nationally, and internationally.

He has consulted for the American Medical Association, the National Institute on Drug Abuse, and the National Institute on Mental Health.

Dr. Schubiner is the author of three books: *Unlearn Your Pain*, *Unlearn Your Anxiety and Depression*, and *Hidden From View*, a practical handbook for clinicians written with Dr. Allan Abbass. He has collaborated extensively with Mark Lumley, PhD, a Professor of Psychology at Wayne State University in a series of studies to develop psychological treatments for chronic pain. They developed Emotion Awareness and Expression Therapy (EAET), which has been tested in various formats for people with different chronic pain conditions and found to be not only effective compared to treatment as usual but superior to CBT in two trials.

EAET is now listed as a “best practice” in the 2019 U.S. Department of Health and Human Services Inter-agency Task Force Report to combat the opioid epidemic. Dr. Schubiner also worked with Alan Gordon, LCSW as they developed a related pain treatment protocol, Pain Reprocessing Therapy (PRT). In 2020, PRT was tested for people with back pain in an NIH-funded brain imaging study at the University of Colorado [published in JAMA Psychiatry](#) which found the novel treatment cured 66% of people who were randomly assigned to it.

Dr. Schubiner lives, practices medicine, and teaches medical professionals in the Detroit area with his wife of thirty-seven years. You can find out more about his work at his site, [Unlearn Your Pain](#).



Susan Sobey-Fawcett

MHA, BScK, Program Lead
Alberta Virtual Pain Program

Susan Sobey-Fawcett brings over 10 years of administrative experience within Alberta Health Services, with expertise in strategic planning, project management, facilitation, change management, process improvement, and program development. Her leadership has been instrumental in the development and implementation of the Alberta Pain Strategy since its inception in late 2017, leading to her current position as Program Lead for the Alberta Virtual Pain Program. Susan holds a Bachelor of Science in Kinesiology and a Masters in Health Administration, both from Dalhousie University in Halifax, NS, as well as certifications in process improvement (AHS Improvement Way Green Belt) and Prosci Change Management. A native of Prince Edward Island, Susan resides in Calgary with her husband and two young daughters.



Dr. Dwayne Van Eerd PhD

Scientist, Institute for Work & Health
Assistant Professor, Department of Occupational Science & Occupational Therapy, University of Toronto
Guest Senior Researcher, National Research Centre for the Working Environment, Denmark

Dr. Dwayne Van Eerd is a scientist at the Institute for Work & Health, where he has been a researcher since 1997. He has an MSc and BSc in kinesiology from the University of Waterloo, an MSc in health research methodology from McMaster University, and a PhD in work and health from the Faculty of Applied Health Sciences at the University of Waterloo. Upon getting his MSc in kinesiology, Van Eerd got his start in occupational health and safety research in a clinical setting, studying musculoskeletal disorders (MSDs) of the upper body in musicians, painters, writers and other artists. Now a scientist with the Institute for Work & Health, he focuses primarily on the prevention of MSDs, as well as on the implementation of programs and practices to prevent work injury and disability related to physical and mental health. His research projects include evaluations of workplace MSD and mental health practices/programs and their implementation, and systematic reviews of the prevention literature. Van Eerd also practices and researches integrated knowledge transfer and exchange.

The Pain Society of Alberta has received an educational grant or in-kind support from the following exhibitors:

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