



**FOR GRACE**  
*the dream of never again*

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# Workbook

**Change Agent Pain Summit:  
Part One**

**The California Endowment  
Los Angeles, CA  
Friday, September 22nd, 2017  
9am-4pm**

# TECHNICAL INFORMATION

## For Remote Attendees:

### Live Stream Information

To watch the conference, please use information below:

- Log on **September 22, 2017 9:00 am - 4:00 pm PDT** at:  
<http://www.ustream.tv/channel/women-in-pain-channel>

## For All Attendees:

### Polling Instructions

We will use a web based polling tool to elicit feedback during this conference. To access the poll please use:

- Web address: [Live.voxvote.com](http://Live.voxvote.com)
- PIN: **63831**
- You may download the VOXVOTE application if you like, but it is not necessary
- ONLY REMOTE ATTENDEES respond to questions 4 & 5

## For In- Person Attendees

### Questions for: Video Testimonials

- 1) What is your name and do we have permission to interview you on video and use parts of this interview for to share with the attendees at our Change Agent Pain Summit: Part Two event?
- 2) Please briefly share your chronic pain story (no more than a minute)
- 3) Can you briefly share **one or two** barriers to pain care that you've experienced?
- 4) What do you see as possible solutions to these barriers?

# AGENDA

## Desired Outcomes:

- Provide Information on the National Pain Strategy
- Identify:
  - Barriers to care,
  - Strategies and tactics to improve pain care,
  - Alternative care strategies, and
  - Attendees for Change Agent Summit Part II

**Friday, September 22, 2017 | 9:00 am – 4:00 pm**

	TIME	ITEM	PRESENTER
1.	8:15-9:00am	Registration	All
2.	9:00-9:10am	Summit Opening: Purpose & Welcome	<b>Cynthia Toussaint</b> , Founder, For Grace <b>John Garrett</b> , Director, For Grace
3.	9:10 – 9:15am	Agenda Review	<b>Mindy Meyer</b> , Lead Mediator, Center of Collaborative Policy (CCP), California State University, Sacramento
4.	9:15 – 9:45am	The Stories We Tell	<b>True (Catherine Townsley)</b> , Spiritualist and Kundalini Yoga Instructor
5.	9:45 – 10:30 am	Pain Care Problem Panel: What Works, What Not So Much	<b><u>Moderator:</u></b> <b>Bob Twillman</b> , Ph.D.; Executive Director, Academy for Integrative Pain Management <b><u>Panelists:</u></b> <b>Jon Bassinger-Flores</b> , Services Coordinator, Ithaca College, Los Angeles and Person in Pain Caregiver; <b>Dr. Narcisso Flores-</b> <b>Bassinger</b> , Expressive Arts Consultant, Path Back to Wellness

	<b>TIME</b>	<b>ITEM</b>	<b>PRESENTER</b>
			and Person In Pain; <b>Rhona Lopez,</b> CEO, KM Hub LLC Management and Person In Pain; <b>Katie O’Leary,</b> Contributor, National Pain Report and Person In Pain
6.	<b>10:30 – 10:45am</b>	<b><i>Morning Break</i></b>	<b>All</b>
7.	<b>10:45 – 11:30am</b>	<b>National Pain Strategy: Why It Matters and How It Can Really Matter</b>	<b>Bob Twillman, Ph.D.,</b> Executive Director, Academy for Integrative Pain Management
8.	<b>11:30–11:45am</b>	<b>“Patron of Women’s Rights” Award</b>	<b>Awardee: Susan Samuelli, Ph.D.,</b> Founder, UC Irvine Center for Integrative Medicine
9.	<b>11:45-12:00pm-</b>	<b>Interactive Poll</b>	<b>Mindy and All</b>
10.	<b>12:00 -12:45pm</b>	<b><i>Lunch</i></b>	<b>All</b>
11.	<b>1:00 – 2:15pm</b>	<b>Interactive Session, World Café</b>	<b>Mindy and All</b>
12.	<b>2:15 – 2:30pm</b>	<b><i>Afternoon Break</i></b>	<b>All</b>
13.	<b>2:30 – 3:45pm</b>	<b>Interactive Session, World Café</b>	<b>Mindy and All</b>
14.	<b>3:45 – 4:00pm</b>	<b>Wrap-up, Next Steps, Reflections &amp; Adios</b>	<b>Cynthia and John</b>

## **GROUP AGREEMENTS**

There will be opportunities for everyone to share and develop ideas. Everyone is asked to adhere to a few key guidelines to allow for productive outcomes:

### **ALL IDEAS AND POINTS OF VIEW HAVE VALUE**

During this meeting you may hear something you do not agree with or you think is "silly" or "wrong." Please remember that the purpose of the meeting is to share ideas and achieve understanding. Simply listen, you do not have to agree, defend or advocate.

### **THINK INNOVATIVELY AND WELCOME NEW IDEAS:**

Creative thinking and problem solving are essential to success. "Climb out of the box" and attempt to think about the situation in a new way. **ASK QUESTIONS WITH CURIOSITY**

### **USE COMMON CONVERSATIONAL COURTESY**

Don't interrupt; use appropriate language; no side-conversations at the table, etc.

### **AVOID EDITORIALS**

It will be tempting to analyze the motives or intentions of others or to judge things. Please talk about YOUR ideas and thoughts.

### **HUMOR IS WELCOME**

Though never at someone else's expense.

### **HONOR TIME**

We have an ambitious agenda, in order to meet our goals, it will be important to follow the time guidelines given by the facilitator. And please share the air so all may participate.

### **BE COMFORTABLE**

Please feel help yourself to refreshments or take personal breaks. If you have other needs please let the facilitator know.

### **CELL PHONE & COMPUTER COURTESY**

Most of us have demanding responsibilities outside of the meeting room. We ask that these responsibilities be left at the door. Your attention is needed for the full meeting. Please turn cell phones, or any other communication item with an on/off switch to "silent." We ask that you refrain from using your computer during the meeting as well. If you do not believe you will be able to participate fully, please discuss your situation with the facilitator.

# KIRTAN KRIYA

*“Kirtan Kriya is the most important meditation in Kundalini Yoga. If you could do only one meditation, this is it! It does everything for you and in the proper order.”*

- **TO BEGIN**: Sit in a cross-legged position; or if you prefer, in a comfortable chair, with both feet flat on the ground. Sit up straight and relax your hands on your knees, in your lap or on the arms of the chair, palms facing up.

- **MANTRA**: You’ll be repeating the words “SA TA NA MA”. These are the primal sounds of the phrase “Sat Nam” which means your “True Name or Identity”. These sounds reflect the elements as well as the cycle of life: Infinity, Birth, Death and Rebirth/Transformation.

- **VOCALIZATION**: The mantra will be chanted in three different ways:

ALOUD – in a normal speaking voice, or sung (as noted below)

WHISPERED – in a loud whisper

SILENTLY – meditating on the words silently to yourself

(And then reverse the order)

SILENTLY – (the SILENT segments are back to back, so will feel twice as long...)

WHISPERED

ALOUD

Each of the six segments should be chanted for an equal amount of time. Chant the words in the ALOUD segments to the tune of the “Mary had a” portion of “Mary had a little lamb”. Various versions of “Kirtan Kriya” or “Sa Ta Na Ma” may be downloaded or streamed online so you can chant along without watching the time. (Nirinjan Kaur’s “Kirtan Kriya (Short Version)” is 11 min. and is ideal due to its rhythm and melody; her Long Version is 31 min.)

- **HANDS**: In sync with the Mantra, press the fingers of each hand to their respective thumbs in the specific sequence below. Press firmly to stimulate the meridian points.

On “SA”, touch index fingers to thumbs (looks like “OK” gesture)

On “TA”, touch middle fingers to thumbs

On “NA”, touch ring fingers to thumbs

On “MA”, touch pinky fingers to thumbs

- **VISUALIZE**: a column of white light that enters through the top of your head, then bends like an “L” in the center of your brain and projects out between your eyebrows to infinity. Focus your closed eyes on this brow point as well. This directs the energy and your attention.

- **TO FINISH**: Take a deep breath in and hold it as long as possible, then exhale and sit motionless for the remainder of one full minute. Then stretch your arms up over your head and spread your fingers wide as you take a couple deep breaths in and out. Relax.



### Prevention & Care

Increase substantially the accessibility and quality of pain care



### Disparities

Under-treatment and inappropriate treatment of pain among racial and ethnic minorities



### Services & Reimbursement

Public health entities have a role in pain care and prevention



### Professional Education

Improve professional education of all providers



### Public Education & Communication

High quality, evidence based education programs for patients and the public



### Population Research

Improvements in state and national data are needed

# National Pain Strategy

[https://iprcc.nih.gov/National\\_Pain\\_Strategy/NPS\\_Main.htm](https://iprcc.nih.gov/National_Pain_Strategy/NPS_Main.htm)

## SMALL GROUP TABLE DISCUSSION WORKSHEET

Please introduce yourselves. Then spend a minute or two thinking to yourself about the question below. Feel free to write some notes in the section below. After you have time for individual reflection, begin discussing the question in your group. You have a little under 20 minutes.

After your group works on this question for about 20 minutes, we will ask some of you to move to another table so you can share your ideas with others. When the facilitator gives the signal, please have 3 volunteers from your table move to different tables to share what your table has talked about. New people will come to your original table. Spend a few minutes and tell the new people that come to your table what you have been talking about. The new people will spend a few minutes and say if they talked about anything NEW or DIFFERENT in the group they just came from.

**Please use the space below to record your notes and highlights.**

**Small Group Table Discussion Round One & Two (20 minutes each):**

➤ ***What are significant barriers to pain care?***



**Small Group Table Discussion Rounds Three & Four (20 minutes each):**

- ***How does the NPS address those barriers and what can be added to strengthen the strategy?***

# Our Sincere Thanks!

## **Conference Partners:**

The California Endowment ~ Community Partners ~ Los Angeles County Office of Women's Health

## **Conference Sponsors:**

Boston Scientific ~ Grunenthal USA ~ The Kelter Foundation ~ USC Pain Center ~ Pfizer ~ AstraZeneca ~ Teva ~ TVPLive.com

## **In Kind Donations**

International Pain Foundation ~ PainPathways Magazine ~ Beauty Bus Foundation ~ Trader Joe's/Studio City ~ US Pain Foundation & The INvisible Project ~ NutriNerve ~ OraCoat ~ Pain Matters Campaign ~ Topricin ~ Elaine Merryfield, Author *Life Beyond Fibromyalgia*

## **Exhibitors**

Boston Scientific ~ USC Occupational Therapy Department ~ The Southern California Scleroderma Chapter ~ The National Celiac Foundation ~ USC Quench the Fire Run/Walk ~ American Chronic Pain Association

## **Conference Planning Committee Members:**

Kristina Breen ~ Radene Marie Cook ~ Dana Gambill ~ Katie Gardner ~ Jennifer Hughes ~ Mindy Meyer ~ Dr. Susan Nyanzi ~ Cynthia Toussaint ~