

Transforming Pain Shared Medical Visit

Program Overview

The Penny George Institute Transforming Pain Shared Medical Visit is a mind-body approach to improve knowledge and management of chronic pain. The course covers several topics surrounding chronic pain over nine group sessions.

You will share this experience with up to eleven other people and two facilitators, a Doctor of Traditional East Asian Medicine and Doctor of Nursing Practice both trained in Integrative Medicine.

Participants Will Learn:

- An integrative view of chronic pain. The course pairs the understanding of modern neuroscience with traditional East Asian Medicine
- The practice of mindful movement in Qigong.

Weekly topics including chronic pain in relation to:

- Mental Health
- Mindfulness practices
- Stress Management
- Diet and nutrition
- Healthy movement

Participation includes movement, group discussion and education. Between classes each week, participants are asked to engage in ongoing movement therapy, journaling, written reflections, or, readings.

Your facilitators will assist in personal modifications to the movements to meet your needs.

We strongly encourage participation in all sessions

To register, call 612-863-3333

Class Details

FALL 2024 SESSIONS

Tuesdays, 3:00 pm - 5:00 pm

Begins: September 24, 2024

Last class: November 12, 2024

Follow-up class: January 14, 2025

Individual 5 minute check-in between 2:00 and 3:00 pm

Wednesdays, 2:30 pm - 4:30 pm

Begins: September 25, 2024

Last class: November 12, 2024

Follow-up class: January 15, 2025

Individual 5 minute check-in between 1:30 - 2:30 pm

Classes are held virtually using Microsoft Teams (links will be provided upon registration)



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Acupuncturist



Jara Rice, DNP
Integrative / Functional Medicine