

## Mind and Body Interventions for Pain

Chronic pain is an epidemic impacting the physical, mental, and emotional well being of so many of the clients we serve. Alicia and Brandon will work together to provide an introduction to pain, explain how it is treated in western medicine including both physical modalities and therapeutic interventions, and bridge how they can work collaboratively to treat the person as a whole. Together they hope to leave social workers more informed and empowered to recognize, treat, and link clients to the appropriate resources as they navigate this complex experience of pain.

This program meets the pain management requirement for license renewal.



Alicia earned her Master's Degree in Social Work from Grand Valley State University in 2012. Her earlier experiences include medical social work providing and coordinating care in sub acute rehabilitation, acute care, emergency room, and ambulatory settings. She also has clinical experience as an outpatient therapist working in a rural community mental health agency and integrated in primary care. She now practices independently in the Grand Rapids community as a psychotherapist at Allow Therapy Partners, a group she created out of her passion to provide evidence based and trauma informed care. Alicia is also dedicated to empowering others in the behavioral health community through education and collaboration to feel competent in their ability to provide effective treatments and team based care to the vulnerable populations they serve.



In 2012 Dr. Yuenger graduated from the University of Michigan-Flint with a Doctorate in Physical Therapy. Shortly thereafter while working with Mary Free Bed to rehabilitate pediatric chronic pain and head injuries, he developed a taste for neurologically based manual therapies and found excellent results with both children and adults alike. From there, Dr. Yuenger entered the complicated world of chronic pain. Using a combination of mentoring, intuition and dumb luck he has developed a system of rehabilitation that is based in the understanding that we as people are not a collection of individual parts but one integrated unit of being. He is excited to share his passion through both practice and education.

**Date: Friday, November 22, 2019**

**Time: 8:45 a.m. - 11:00 a.m.**

**Location: GVSU Bicycle Factory, Grand Rapids**

**Presented By: Alicia Wilder and Brandon Yuenger**

**Cost: \$39**

Recommended for LBSW and LMSW beginning skill level; for learning objectives and additional program information, please go to our web site.

Grand Valley State University School of Social Work, an accredited social work education program, is authorized by Administrative Rule 338.2965 to award 2.0 Michigan social work continuing education contact hours for this program.