

Chronic Pain – The Integrated Solutions Summit

Presented by The Pain Lab

Date: 5 June 2025

Time: 8:45 AM – 5:15 PM

Venue: The Principal York, Station Road, York, YO24 1AA

Programme Schedule

8:45 AM – 9:00 AM **Registration & Welcome**

9:00 AM – 10:15 AM **Keynote Speaker: Mark Grant MA**

Topic: EMDR: A New Treatment for Chronic Pain and Medically Unexplained Symptoms

- Understanding EMDR Pain Protocol and its adaptations for complex pain conditions.
- Integrating healthcare strategies to manage clients holistically.
- Overview of EMDR-based mobile apps for trauma and pain treatment.

10:15 AM – 10:30 AM **Coffee Break**

10:30 AM – 11:45 AM **Speaker: Rodger Duckworth, Trauma Physio**

Topic: We Are One: The Mind-Body Connection in Chronic Pain

- The role of the nervous system in chronic pain and stress illness.
- Integrated body medicine approaches to pain management.

11:45 AM – 1:00 PM **Speaker: Dr. Deepak Ravindran, Consultant Pain & MSK Medicine**

Topic: Adverse Childhood Experiences and Pain Management

- Understanding the link between childhood adversity and chronic pain development.
- Strategies to integrate psychological background into pain treatment.

1:00 PM – 2:00 PM **Lunch Break**

2:00 PM – 3:15 PM **Speaker: Dr. Justin Havens, EMDR Consultant**

Topic: Pain, Trauma, Sleep & Recovery

- The impact of trauma on sleep and its connection to pain.
- EMDR techniques to aid sleep and recovery.

3:15 PM – 3:30 PM **Afternoon Break**

3:30 PM – 4:45 PM Speaker: Richmond Stace, The Pain Coach

Topic: The Science & Philosophy of Chronic Pain in 2024

- Personalizing care to help people understand and manage chronic pain.
- A person-centered approach to overcoming pain and improving quality of life.

4:45 PM – 5:15 PM Panel Discussion & Q&A

- Open forum with all speakers for delegate questions and reflections.

Key Learning Objectives

- Develop a trauma-informed understanding of chronic pain and Medically Unexplained Symptoms (MUS).
- Gain a detailed understanding of Grant's specialist EMDR pain protocol.
- Learn how digital healthcare apps can support chronic pain management.
- Understand the integration of EMDR with CBT, somatic therapies, and hypnosis.
- Explore the link between trauma, sleep disturbance, and pain experience.
- Develop knowledge of childhood adversity and its impact on chronic pain.
- Discover the latest science and philosophy around chronic pain management.
- Learn integrated body medicine approaches for treating chronic pain.

About The Pain Lab

The Pain Lab (TPL) specializes in psychological pain management, focusing on EMDR Pain Protocols developed by Dr. Mark Grant. Our network of trauma-informed clinicians receives specialized training and supervision to ensure standardized and effective treatment. TPL offers a case management approach, collaborating with rehabilitation teams and experienced pain consultants for holistic care.



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