

Calendar of Events

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June 26, 2026

Practical Suggestions for Managing Chronic Pain

12:00 PM - 02:00 PM EST

This course will focus on practical ways of adapting clinician training and experience in evidence-based therapies (e.g., cognitive-behavioral therapy, mindfulness-based therapies, acceptance and commitment therapy) for use in adults with chronic pain. Additional time will be spent introducing attendees to novel behavioral interventions for chronic nociceptive pain (Pain Reprocessing Therapy, Emotional Awareness and Expression Therapy) and how these principles may start to be incorporated into live clinical care. The presentation will include case vignettes for case conceptualization and opportunities to explore differential conceptualizations and treatment planning across different psychotherapeutic paradigms.

John (Drew) Sturgeon is a clinical psychologist and Clinical Associate Professor in the Department of Anesthesiology at the University of Michigan School of Medicine. He completed his PhD in clinical psychology at Arizona State University and his postdoctoral training in pain psychology at the Stanford University School of Medicine. His areas of research include contributors to individual resilience in chronic pain and novel behavioral treatments for chronic pain. He has research funding from the National Institutes of Health, the Department of Defense, and Craig H. Neilsen Foundation on brief and telehealth treatments for chronic low back pain, chronic migraine, and spinal cord injury-related pain.