

Holistic Approaches to Pain Management and Self Care



At a glance...

This workshop will examine holistic frameworks and approaches to treatment of pain and self care. The application of these approaches and techniques in the clinical and personal setting will be explored. Participants will engage in some of these techniques during class. Please feel free to dress comfortably. This workshop meets the Social Work Continuing Education requirement for pain management.

Objectives

1. Understand one framework for a holistic approach to health.
2. Understand two holistic techniques for stress management.
3. Understand relationship between trauma, stress, and pain.

Speaker

Kayla Doyle, LMSW, Director of AmeriCorps, obtained her MSW from GVSU in 2009. Since 2008, she has been with Cherry Health, first for her MSW internship and then served as an AmeriCorps member. Kayla has held a variety of positions at Cherry Health, spending most of her time in her current position as Director of AmeriCorps and Academic Programs. While at Cherry Health, Kayla has managed a multitude of grants from inception to completion. She also teaches at Grand Valley State University in the Graduate School of Social Work and is a group fitness instructor at MVP Athletic Club - Crahen.



Friday, February 2, 2024
9:00am - 12:00pm



GVSU - Bicycle Factory
201 Front Ave SW
Grand Rapids, MI 49504

Cost
\$49

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Credits**
3.0



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