



Saturday March 28, 2026

4:00-6:00 p.m.

OPTION B

### **Holistic Model of Pain Treatment**

**Speaker:** Dr. Jasmine Kim, ND

This presentation examines how research and lived experience inform a holistic understanding of pain and its management. It traces the evolution from the traditional biomedical model—where pain was seen primarily as a sign of tissue injury—to the contemporary biopsychosocial model, which recognizes the complex interplay between the nervous system, psychological factors, and social context.

Chronic pain is reframed not as a marker of ongoing damage, but as a condition shaped by central sensitization, neuroplasticity, and the patient's lived experience. Key themes include the impact of trauma, fear, and social invalidation on pain perception, alongside the broader societal context of inequities in access to care and medical underrepresentation of various demographics.

Therapeutic strategies discussed include mindfulness-based approaches, vagus nerve stimulation, Pain Reprocessing Therapy, and lifestyle interventions targeting sleep, nutrition, and exercise.

The central message emphasizes that pain is not purely physical—it is shaped by biological, psychological, and social dimensions. Compassionate, integrative approaches can help patients reframe and reduce suffering while enhancing therapeutic alliance and clinical outcomes.

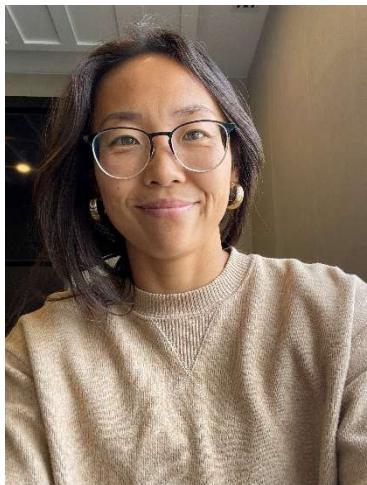
By the end of the workshop, participants will be able to:

- Learning to provide trauma-informed care which can help patients reframe pain and reduce catastrophizing
- Strategies for leveraging our body's own inherent capacity for mind-body connection--i.e. through movement and meditation
- Guidance on evidence-informed use of select supplements

### **Relevance to TCM practitioners:**

This presentation bridges modern pain science with TCM principles, emphasizing how holistic, integrative approaches—including acupuncture, herbal medicine, and mind-body practices—can complement biopsychosocial strategies. Understanding pain as a multi-dimensional experience supports TCM clinicians in tailoring individualized treatment plans and enhancing patient engagement and empowerment.

### **Bio**



Dr. Jasmine Kim is a naturopathic doctor (ND) with a private practice, an educator, and a speaker working at the intersection of movement, pain science, and integrative health. She teaches at the Boucher Institute of Naturopathic Medicine and maintains a clinical practice focused on addressing the foundations of health, injury management, and complex pain presentations. Grounded in evidence-based medicine and informed by lived experience as an athlete, Dr. Jaz is known for translating complex science into practical, human-centered frameworks. Her work emphasizes resilience, injury preparedness, and compassionate, individualized care, integrating biopsychosocial factors to support long-term health.