



19th Annual Conference Agenda

Preconference: October 16, 2025

Conference: October 17-18, 2025

The BMO Centre - 1912 Flores Ladue
Parade SE, Calgary, Alberta

ACCREDITATION: This activity has been certified by the College of Family Physicians of Canada for up to 16.5 Mainpro+® Certified Activity credits. (Preconference workshop is included in this total)



Thursday October 16 Pre-Conference Workshops

Headache and Migraine Workshop

Registration is required. All presentations will reserve 25% for audience engagement and question/answer.

After completing this workshop, participants will be able to:

- Outline the optimal pharmacologic management of migraine, including both acute and preventive treatment.
- Discuss the management of depression and anxiety in the patient with migraine.
- Discuss the relationship between head trauma and migraine.
- Utilize psychological approaches to improve clinical outcomes when treating the patient with migraine.

1515h **Registration**
Palomino Prefunction

1550h **Welcome and Opening Remarks**
Dr. Werner Becker and Dr. Jennifer Bestard
Palomino D

1600h **What is Migraine?**
Dr. Werner Becker

At the end of this presentation, participants will be able to:

- Discuss current concepts regarding the etiology and pathophysiology of migraine.

1610h **Diagnosis and Management of Post-Traumatic Migraine**
Dr. Chantel Debert

At the end of this presentation, participants will be able to:

- Evaluate post-traumatic headaches with migraine features in the context of concussion.
- Determine concurrent headache diagnosis in the context of post-traumatic migraine.
- Determine concurrent common diagnosis that contribute to symptom burden in patients with post-traumatic migraine in the context of concussion.
- Explore treatment interventions for post-traumatic migraine.

1645h

Approach to Acute Migraine Therapy

Dr. Jennifer Bestard

At the end of this presentation, participants will be able to:

- Review the current evidence-based pharmacologic options for acute migraine management, including stratified and early treatment approaches.
- Discuss the role of novel and emerging therapies (e.g., gepants, ditans, neuromodulation) in patients with contraindications to traditional migraine medications.
- Outline a stepwise approach to managing patients who fail initial acute migraine treatments, including treatment optimization, switching strategies, and combination therapies.

1720h

Dinner

Palomino Prefunction and Palomino E
Exhibition Hall is open

1805h

Welcome Back

1805h

Pharmacological Prevention of Migraine and the new Canadian Headache Society Guidelines

Dr. Farnaz Amoozegar

At the end of this presentation, participants will be able to:

- Review current evidence-based pharmacologic therapies for the prevention of migraine, including the benefits and risks of CGRP-targeted therapies.
- Discuss key points of the updated Canadian Headache Society Guidelines.
- Highlight emerging pharmacological treatments for migraine prevention.

1845h

Depression and anxiety management in patients with migraines, a pharmacologic approach

Dr. Aaron Mackie

At the end of this presentation, participants will be able to:

- Understand the relationship between migraine and depression and anxiety
- Review the history and pharmacology of antidepressants and anxiolytics
- Discuss the clinical practice guidelines for the management of anxiety and depression in adults
- Apply the practice guidelines to patients with migraine headaches specifically

- 1920h **Clinical Tips for Better Outcomes in Patients with Migraine from a Psychologist**
 Dr. Elisabeth Saxton
- At the end of this presentation, participants will be able to:**
- Outline tips to encourage self-management behaviours
 - Develop constructive ways to challenge client in a collaborative way
 - Develop language to focus on ability rather than symptoms
- 1955h **Panel Discussion – all Presenters**
- 2010h **Closing Remarks and Conclusion**
 Dr. Werner Becker and Dr. Jennifer Bestard

Low Back Pain Workshop: Imaging, Medication, Practical Examination and Appropriate Care Pathway Insights

Registration is required. All presentations will reserve 25% for audience engagement and question/answer.

After completing this workshop, participants will be able to:

- Develop an evidence-informed framework for the management of both acute and chronic low back pain, inclusive of disability management
- Formulate when to utilize appropriate diagnostic imaging, medication, conservative rehabilitation and interventional procedures to guide care for the patient with low back pain
- Improve their confidence in performing a 10-minute office-based examination for a patient with low back pain

1515h **Registration**
Palomino Prefunction

1600h **Welcome and Opening Remarks**
Dr. Ashley Smith
Palomino E

1610h **Acute Low Back Pain in the Emergency Department - Imaging and Management Considerations**
Dr. Sean Patrick

At the conclusion of this presentation, participants will be able to:

- Formulate a differential for acute low back pain and recognize red flag findings
- Determine when imaging is indicated in acute low back pain.
- Integrate evidence-based therapies in the management of patients with acute low back pain.

1645h **Conservative Management of Low Back Pain – Highlighting What Is Good Care and What Is Not: Does Imaging Guide Patient Management?**
Dr. Geoff Schneider

At the conclusion of this presentation, participants will be able to:

- Identify evidence-informed conservative management for those with low back pain.
- Recognize what may constitute low quality care for those with low back pain
- Outline the utility of diagnostic imaging in assisting in the management of those with low back pain.

1720h **Dinner**
Palomino Prefunction and Palomino E. Exhibition Hall is open



- 1805h **Welcome back**
- 1805h **Practical: 10 - minute Office-Based Assessment of a Patient with Low Back Pain**
 Dr. Taylor Burnham
- At the conclusion of this presentation, participants will be able to:**
- Demonstrate a low back pain examination that can be completed within 10-minutes in a clinical setting.
 - Replicate the 10-minute LBP examination under supervision, such that participants can.
 - Gain confidence to independently perform the examination.
- 1845h **What now? Where to Turn (Imaging? Medications? Surgical Referral?) When Conservative Care Is Not Successful**
 Dr. Taylor Burnham
- At the conclusion of this presentation, participants will be able to:**
- Provide the rationale for the utility of interventional procedures for diagnostic and treatment of persistent LBP.
 - Provide an overview of appropriate pharmacological management of people with persistent LBP.
 - Discuss the limitations of a biomedical model and when other management may be indicated, including emerging therapies.
- 1920h **Beyond the Care Plan: Supporting Return to Work from a Disability Insurer's Perspective**
 Shelley Bauer
- At the conclusion of this presentation, participants will be able to:**
- Explore the disability insurer's role in supporting functional recovery and identify opportunities for collaboration.
 - Integrate Job Demands Analysis into treatment planning to bridge functional recovery with job requirements, emphasizing the importance of ongoing functional monitoring.
 - Discuss how reactivation strategies and vocational goals can guide treatment planning, using case examples that highlight functional support and accommodations.
- 1955h **Panel Discussion – AllPresenters**
- 2010h **Closing Remarks and Conclusion**

All attendees will receive resources guiding evidence-based care for patients with low back pain.

Friday October 17

25% of each session will be dedicated to Q&A

Overarching Learning Objectives

- Increase confidence in managing fibromyalgia and nociplastic pain in a primary care setting with practical takeaways while enhancing knowledge of pain neuroplasticity.
- Improve understanding of the relationship between sleep and chronic pain with clinical pearls and resources to support implementation in clinical practice.
- Increase knowledge of the management of osteoarthritis, persistent post-concussion symptoms, and chronic pelvic pain.
- Apply principles of trauma informed care and compassion to improve clinical outcomes for patients.

0700h **Registration and Breakfast (0700-0830)**
Palomino Prefunction

0800h **Welcome and Opening Remarks**
Palomino D and E

0815h **Inevitable decline or science-informed hope? Exploring the contemporary understanding of osteoarthritis and its management.**
Dr. Tasha Stanton

At the conclusion of this presentation, participants will be able to:

- Compare and contrast older ideas of OA as a peripheral condition involving joint surfaces with modern ideas of OA as a system wide process involving the whole body.
- Explain the concept of bioplasticity and how it relates to osteoarthritis and the management of osteoarthritis.
- Implement pain management strategies for osteoarthritis based on a modern understanding of the complexity of pain.

0915h **Mastering Fibromyalgia: Clinical Pearls for Practice**
Dr. Lori Montgomery

At the conclusion of this presentation, participants will be able to:

- Diagnose fibromyalgia and explain the implications of a diagnosis to a patient.
- Outline an evidence-based treatment approach for fibromyalgia.
- Access a clinical pathway for FM and a toolkit of useful resources.

1000h **Refreshment Break**
Palomino Prefunction, Exhibitor Booths are open

1030h **Welcome back**



1030h **Persistent Symptoms after Concussion: Current Guidelines and Management Pearls**
Dr. Chantel Debert

At the conclusion of this presentation, participants will be able to:

- Understand the new guidelines for diagnosis and defining mild traumatic brain injury and persisting symptoms after concussion.
- Evaluate the different symptoms that can contribute to persisting symptoms after concussion.
- Explore treatments that can improve persistent symptoms after concussion.

1115h **Rehabilitation of persisting symptoms following concussion: Updates from the latest international consensus statement and guidelines.**
Dr. Kathryn Schneider

At the conclusion of this presentation, participants will be able to:

- Define principles of assessment to guide management
- Describe and apply evidence informed management of persisting symptoms
- Define criteria for recovery

1200h **Lunch Buffet**
Palomino Prefunction, Exhibitor Booths are open

1315h **Welcome Back**

1315h **The Nature of Suffering and the Evidence for Compassion**
Dr. Shane Sinclair

At the conclusion of this presentation, participants will be able to:

- Review the nature of suffering and the key domains of compassion
- Describe the evidence and role of compassion in healthcare
- Identify the challenges healthcare providers face in providing compassion in contemporary healthcare

1415h **Neuroplasticity and Sunlight: A Perfect Pair for Healing**
Dr. Ellie Stein

At the conclusion of this presentation, participants will be able to:

- Instruct patients/clients to implement a simple daily neuroplasticity practice.
- Instruct patients/clients to implement a simple protocol for daily sunlight exposure.

1500h **Refreshment Break**
Palomino Prefunction, Exhibitor Booths are open



- 1530h Welcome Back
- 1530h The Intersection of Sleep and Addiction
Dr. Tim Ayas
- At the conclusion of this presentation, participants will be able to:
- Explore the bidirectional link between substance use disorders and sleep disturbances.
 - Discuss the neurobiological basis of individual substances and their effect on sleep.
 - Outline treatment strategies to assist stabilization in this population.
- 1615h Pain and Sleep: Understanding the Bi-directional Relationship and Approach to Management
Dr. Charles Samuels
- At the conclusion of this presentation, participants will be able to:
- Explain the relationship of sleep, mood and pain to their patient's more effectively.
 - Stratify the significance of sleep, pain and mood to develop a pharmacological approach to the management of a patient with this complex overlap of symptoms.
 - Create a comprehensive treatment plan for the management of sleep, pain and mood issues.
- 1715h Closing Remarks and Conclusion of Day One

Saturday October 18

25% of each session will be dedicated to Q&A

0700h Registration and Breakfast (0700-0830)
Palomino Prefunction

0800h Opening Remarks
Palomino D and E

0810h Moving Pelvic Pain: Medicine Meets Yoga
Dr. Magali Robert and Shelly Prosko

At the conclusion of this presentation, participants will be able to:

- Explore this modality to enhance treatment for a pelvic pain patient.
- Identify the role of yoga in pelvic pain management.
- Develop a care plan integrating yoga.

0930h Disability Decisions Demystified: What Insurers Wish You Knew
Heather Walker

At the conclusion of this presentation, participants will be able to:

- Recognize the shared goals between healthcare providers and disability insurers in supporting patient recovery and return to life and identify opportunities for meaningful collaboration with disability management teams.
- Outline the rationale behind common insurer questions, and learn how to respond effectively to improve clarity, reduce delays, and support timely claim decisions.
- Explore the broader role of disability insurers—beyond financial compensation—by clarifying key terminology, addressing common misconceptions, and highlighting how insurers contribute to recovery and return-to-function goals.

1015h Refreshment Break - Palomino Prefunction, Exhibitor Booths are open

1045h Using perceptual trickery for good: clinical opportunities for virtual and mediated reality
Dr. Tasha Stanton

At the conclusion of this presentation, participants will be able to:

- Explain the concept of perceptual inference (predictive processing) and how this can be used in new technology to alter our experiences
- Recognize the influence of vision of the body on sensorimotor processing
- Explain the evidence for technology-enhanced exercise interventions at improving exercising experiences in people with pain



- 1205h Lunch
Palomino Prefunction, Exhibitor Booths are open
- 1320h Welcome Back
- 1320h Pain to Joy: You Are More Powerful Than You Realize
Danielle Suttie
- At the conclusion of this presentation, participants will be able to:
- Review alternative approaches to support patients who experience persistent pain.
 - Discuss experiential opportunities to better appreciate what persistent pain sufferers experience.
 - Outline self-compassion tools to aid them in their therapeutic approach to persistent pain patients.
- 1340h Clinical Manifestations in Chronic Whiplash-Associated Disorders: Moving Beyond the Tissues
Dr. Ashley Smith
- At the conclusion of this presentation, participants will be able to:
- Outline a comprehensive overview of the clinical manifestations of chronic whiplash-associated disorders (WAD) Using Systematic Reviews and Clinical Practice Guidelines,
 - Discuss the limitations of traditional care of WAD.
 - Explore recent advances to drive improved outcomes in the management of WAD.
- 1410h Improving Health Care Outcomes with Trauma-Informed Care (Without Feeling Like You're a Therapist)
Dr. Elisabeth Saxton
- At the conclusion of this presentation, participants will be able to:
- Recognize the six core aspects of trauma-informed care.
 - Identify behaviour to incorporate the approach into your practice.
 - Outline the impact on health care outcomes when using trauma informed approaches.
- 1440h Refreshment Break
Palomino Prefunction, Exhibitor Booths are open
- 1510h Welcome Back
- 1510h Panel Discussion
Danielle Suttie, Dr. Ashley Smith and Dr. Elisabeth Saxton

1550h Beyond the Body: Addressing Trauma-Driven MSK Pain with Psychedelic-Assisted Therapy & other Novel Options

Dr. Francois Louw

At the conclusion of this presentation, participants will be able to:

- Appraise the role of ketamine and psychedelics in mental health and pain treatments
- Discuss the rationale behind using this modality, and touch upon evidence
- Appraise the evidence for interventional options such as ultrasound-guided stellate ganglion blocks for PTSD, and discuss novel options such as cervical plexus hydrodissection in the management of PTSD and chronic pain

1650h Closing Remarks, Conference Passport Draw

Our Distinguished Presenters



Dr. Farnaz Amoozegar, MD, MSc, FRCPC

Clinical Associate Professor, Dept Clinical Neurosciences
Cumming School of Medicine, University of Calgary and Hotchkiss
Brain Institute

Dr. Amoozegar is a neurologist and Clinical Associate Professor at the University of Calgary. She completed undergraduate studies and her medical training at the University of Calgary, followed by a neurology residency at the University of Ottawa. She then returned to Calgary and completed subspecialty training in the area of Headache and Facial pain with Dr. Werner Becker, followed by a Masters Degree in Clinical Epidemiology. Currently, she practices headache neurology at the Calgary Headache Assessment and Management Program. In addition to clinical practice, she is heavily involved in clinical research, and education of colleagues, fellows, residents and medical students in various settings.



Dr. Tim Ayas MD FRCPC CCFP MPH BSc

Clinical Associate Professor, University of Calgary
Section Chief Addictions, Claresholm, and Rural Psychiatry

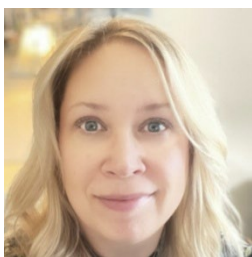
Dr. Tim Ayas is a Clinical Associate Professor with the University of Calgary Department of Psychiatry. He has a number of educational and administrative roles as well as a busy clinical practice; but his passion is teaching students, residents, psychiatrists, family physicians, and multidisciplinary teams across Canada and internationally. He serves on the executive board for the Department of Psychiatry as the Section Chief responsible for Addictions, Rural Psychiatry, and the Claresholm Centre for Mental Health and Addictions. He recently stepped down as Clerkship Director of Psychiatry at the University of Calgary Cumming School of Medicine. He primarily works at the Claresholm Centre and Edgewood Health Networks as a psychiatrist with a focus on addictions and concurrent disorders. He has provided expert consultation for a number of organizations including Calgary City Hall, Global Television, CTV, CBC National Radio, and the House of Commons.



Dr Jennifer Bestard FRCPC

Neurologist, Headache Specialist

Dr Bestard has been a practicing Neurologist for fifteen years following a fellowship in Headache at the University of Calgary. She sees patients with a variety of headache conditions but has a special interest in treating migraine and chronic headache. She is the sole Headache Neurologist in the central part of the province and enjoys supporting patients through educational patient seminars and talks to local physicians on headache management.

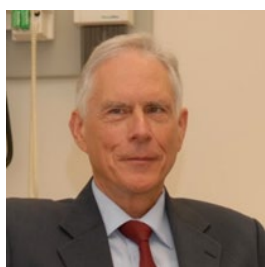


Shelley Bauer, B.Ed., PGAP

VRA Canada Member

Shelley Bauer brings over three decades of experience in adult education, return-to-work, and disability management. Her career includes more than ten years working with a multidisciplinary treatment team at WCB Alberta, where she supported individuals navigating complex recovery journeys. She has also been working as a Rehabilitation Consultant with disability insurers for 15 years and now manages a team of Work Health Consultants with the Disability Management Institute.

With a deep understanding of the intersection between clinical care and workplace reintegration, Shelley offers a unique perspective on supporting sustainable return-to-work outcomes. A long-time attendee of the Pain Society of Alberta's annual conference, she is honored to contribute this year and looks forward to sharing insights and fostering collaboration toward shared goals in pain management and recovery.



Dr. Werner J. Becker MD, FRCPC (Neurology)

Professor Emeritus, University of Calgary

Dr. Becker is a medical graduate of the University of Manitoba and trained in Neurology at McGill University. He is the founding director of the Calgary Headache Assessment and Management Program and has served on the boards of the Canadian Headache Society, the American Headache Society, and the International Headache Society.

He has received the John Graham Award from the American Headache Society, the John Edmeads Award from the Canadian Headache Society, and lifetime achievement awards from the Pain Society of Alberta, and from the Headache Society of New England. He has also received the Distinguished Service medal from the Alberta Medical Association.

Dr. Taylor Burnham – forthcoming



Chantel T. Debert MD MSc FRCPC

Associate Professor, University of Calgary

Department of Clinical Neurosciences

Dr. Chantel Debert is an associate professor and clinician scientist in the Department of Clinical Neurosciences, division of physical medicine and rehabilitation and member of the Hotchkiss brain Institute at the University of Calgary. She is the lead of the Calgary brain injury program and research lead of the Canadian association of physical medicine and rehabilitation. Clinically, she sees patients across the age spectrum from adolescents to elderly with concussion and brain injury. Dr. Debert's research interests include exploring the pathophysiology of concussion through a variety of imaging and fluid biomarkers and techniques, with a specific interest in hormones. She is also interested in evaluating novel treatments for patients struggling with symptoms following concussion, such as neuromodulation, exercise, nutraceuticals and pharmacological interventions.



Dr. W Francois Louw FCFP, CCFP(EM),
DA(SA), MBChB(Pret), PgCPain (U of Alberta)
Adv. Dipl Pain Mgt CAPM (Interventional Pain Management)

Dr. Louw is a GP Anesthetist and ER Physician with a special interest in Interventional Pain management. He is furthermore a Clinical Associate Professor at UBC in the Department of Family Practice, is passionate about improving access for patients with complex pain care needs and is actively engaged in wide-ranging research

interests including ultrasound-guided nerve hydrodissection, prolotherapy, as well as ketamine assisted therapy and psilocybin assisted psychotherapy.



Dr. Aaron Mackie, MD FRCPC
Diplomate UCNS in Behavioral Neurology and Neuropsychiatry
Calgary Neuropsychiatry Fellowship Program Director

Dr. Aaron Mackie completed his psychiatry training in Calgary and then did a Neuropsychiatry fellowship as a joint venture between University of Calgary and UBC. He later founded the Behavioural Neurology and Neuropsychiatry Fellowship program in Calgary,

which is almost unique in Canada, so a real trailblazer. Currently he works hand in glove with the Calgary neurologists, as he works as a consultant in many of Calgary's specialized neurology programs, like epilepsy and multiple sclerosis, and these programs include the CHAMP headache program.



Dr. Lori Montgomery MD CCFP FCFP CHE

Lori Montgomery is a family physician with enhanced skills training and a focused practice in pain management, including headache, neuromusculoskeletal pain, pelvic pain and palliative care. Her clinical work is in the outpatient Calgary Pain Program, the largest multidisciplinary pain team in the country. She is Community Integration Medical Lead with the Alberta Health Services portfolio of

Community, Rural and Continuing Care, and a clinical associate professor in the Departments of Family Medicine and Anesthesiology, Peri-Operative and Pain Management at the Cumming School of Medicine, University of Calgary.



Dr. Sean Patrick MD, FRCPC
Emergency Medicine Physician

Dr. Sean Patrick is an Emergency Medicine physician practicing at Chinook Regional Hospital in Lethbridge, Alberta. He completed his medical degree at the University of Ottawa and his residency training in Victoria with the University of British Columbia. Currently, he serves as a Clinical Lecturer with the Department of Emergency Medicine at

the University of Calgary. Dr. Patrick has a strong interest in pain management and is actively engaged in knowledge translation initiatives aimed at optimizing pain care in his local emergency department. He has attended numerous Pain Medicine courses and conferences and plans to pursue a Pain Medicine fellowship in 2026.



Shelly Prosko PT, C-IAYT

Physical Therapist, Yoga Therapist

Shelly is a physiotherapist and yoga therapist dedicated to whole-person compassionate care by integrating aspects of yoga into physiotherapy with a focus in pelvic pain care. In addition to her clinical practice in Sylvan Lake, Alberta, she also teaches continuing education courses, collaborates in research and guest lectures at various rehab programs globally. Shelly is co-editor and author of *Yoga and Science in Pain Care: Treating the Person in Pain* and has contributed numerous chapters to rehabilitation textbooks on wide ranging topics related to pelvic health, chronic pain and compassion in healthcare. To learn more about Shelly's work and resources visit www.physioyoga.ca



Dr. Magali Robert MD, MSc.

Professor, Cumming School of Medicine, University of Calgary
Medical Director, Calgary Chronic Pain Program

Magali Robert led the first Canadian interdisciplinary pelvic pain program 25 years ago. As a Professor in Cumming School of Medicine, she continues to advocate for women's health and access to pain care. Magali's favorite metaphor to explain pelvic pain is a tree, and she has now also mastered this yoga pose.



Charles H. Samuels MD, CCFP, DABSM

Dr. Charles Samuels is the Medical Director of the Centre for Sleep & Human Performance in Calgary, Alberta and board certified in Sleep Medicine with the American Board of Sleep Medicine. He also holds positions at the University of Alberta as a Clinical Assistant Professor in the Faculty of Medicine, and Adjunct Professor in the Faculty of Kinesiology. Dr. Samuels has a clinical background in Rural and Urban Family Medicine. Dr. Samuels is a clinical trial researcher with a special interest in the scientific study of the effect of drugs on psychological processes and behavioral activity and obesity.



Dr. Elisabeth Saxton, R.Psych.

Over the course of her nearly two-decade career in occupational health, Elisabeth moved from clinical work to training, mentorship, program evaluation, and helping to develop interdisciplinary programs focusing on chronic pain and psychological injury across Canada. Presently, she serves as a psychological consultant to the Workers' Compensation Board of Nova Scotia and WorkSafeBC, and as a Divisional Psychologist in occupational health for the RCMP. Travel lover and mid-century modern design aficionado, she is always on the hunt for new adventures and the perfect timeless find.



Dr. Geoff Schneider, PT, DSc, PhD, FCAMPT

Clinical Specialist in Musculoskeletal Physiotherapy

Dr. Schneider is a Clinical Specialist in Musculoskeletal Physiotherapy. He is a partner at Evidence Sport and Spine in Calgary, Alberta. Geoff is an adjunct assistant professor in the Department of Radiology, Cumming School of Medicine, at the University of Calgary. He also holds adjunct faculty appointments at Andrews University and McMaster University in their respective Departments of Physical Therapy. Following his completion of his Bachelor of Health Science in Physiotherapy from McMaster University, Geoff completed his Fellowship in Manual and Manipulative Therapy (FCAMPT) in 2002. Geoff completed his doctoral studies (DSc) at Andrews University. His research involved cervical spine facet joint mediated pain and its effect on sensory hypersensitivity in chronic whiplash patients. Geoff has a strong interest in diagnostic accuracy of clinical tests, particularly in cervical spine disorders. As a result, he pursued further doctoral studies, a PhD specializing in clinical epidemiology, at the University of Calgary in the Cumming School of Medicine. He completed his PhD in May 2013, and his research involved the derivation of a clinical prediction guide in the diagnosis of facet joint mediated pain in the cervical spine. Geoff has published numerous peer-reviewed papers in the area of musculoskeletal pain. He completed a postdoctoral fellowship at the University of Alberta. Dr. Schneider has worked with and continues collaboration with various provincial committees to optimize the management of musculoskeletal disorders for Albertans living with musculoskeletal pain. Dr. Schneider is the Chair of the board of the Alberta Association of Physiotherapy.



Kathryn Schneider PT, PhD

BHScPT, BKin(Hons), DScPT, PhD, DipManipPT,

Clinical Specialist - Musculoskeletal Physiotherapy

Dr. Kathryn Schneider is an Associate Professor, Clinician Scientist (Physiotherapist) and an epidemiologist at the Sport Injury Prevention Research Centre, Faculty of Kinesiology at the University of Calgary. Her research focuses on the prevention, detection and rehabilitation of sport-related concussion. Her work has informed the importance of a multifaceted assessment of concussion, concussion prevention strategies and changes to rehabilitation – including an RCT that demonstrated improved outcomes with cervicovestibular rehabilitation. She is a Clinical Specialist in Musculoskeletal Physiotherapy, a Fellow of the Canadian Academy of Manipulative Physiotherapists and has expertise and certification in vestibular rehabilitation. She was the co-lead author of the Amsterdam International Consensus Statement on Concussion in Sport (ICCS) and co-chair of the Scientific Committee and expert panel for the 6th International Conference on Concussion in Sport. She also led the development of the methodology informing the 5th and 6th ICCS and was an Expert Panelist at the 4th and 5th ICCS. She has worked with sports and health organizations to develop and optimize implementation of concussion protocols and has led the development of a Massive Open Online Course (MOOC) on Concussion. Her clinical practice focuses on the treatment of recreational to elite/professional athletes with concussion.



Dr. Shane Sinclair PhD

Professor, Faculty of Nursing

Director, Compassion Research Lab

Adjunct Professor, Cumming School of Medicine, University of Calgary

Dr. Shane Sinclair is a Full Professor with the University of Calgary, Faculty of Nursing and is an Adjunct Professor in the Cumming School of Medicine, at the University of Calgary. He is also the Director of the Compassion Research Lab, which conducts nationally funded, award-winning research on compassion—including the development of the world's most valid and reliable patient reported compassion measure—the SCQ. His research has earned him the International Psycho-Oncology Society Young Investigator Award, the Canadian Association for Spiritual Care's Lifetime Achievement Award, and he is this year's recipient of the Alberta Medical Association's Medal of Honour.



Ashley Smith PT, PhD

Ashley Smith is a PhD trained physiotherapist. He is an Assistant Research Professor within the Department of Clinical Neurosciences at the University of Calgary with expertise in the evaluation and management of whiplash-associated disorders and chronic spinal pain. Dr Smith's research investigates the mechanisms associated with chronic whiplash-associated disorders (WAD), and whether the clinical features of chronic WAD can be modulated through conservative therapy, interventional therapy or novel treatment methods, such as non-invasive brain stimulation.



Prof. Tasha Stanton

Associate Professor of Clinical Pain Neuroscience, Adelaide University

BSc Physical Therapy, MSc Rehab Science, PhD

Associate Professor Tasha Stanton leads the Persistent Pain Research Group at the South Australian Health and Medical Research Institute (SAHMRI) and is co-Director of IIMPACT in Health at The University of South Australia, Adelaide. She is a clinical pain neuroscientist, with original training as a physiotherapist. Her research focusses on pain – why do we have it and why doesn't it go away? She has received >\$14.7m in competitive research funding, has published >130 peer-reviewed journal articles, and she has been a keynote/invited speaker at >120 national and international conferences. Her research has won both national and international awards, including the World Congress of Pain Ronald Dubner research award, the Australian Pain Society Rising Star Award and the Australian Physiotherapy Association Best New Investigator Award. Her research group works closely with consumers and with clinicians to identify real-world problems and devise new solutions. She has a specific interest in chronic pain, osteoarthritis, pain science education, and novel technologies, such as virtual and mediated reality, to enhance exercise engagement



Dr. Eleanor Stein MD FRCP(C)

Dr. Eleanor (Ellie) Stein MD FRCP(C) is a retired medical doctor and psychiatrist. As a result of her lived experience with complex chronic diseases (as they are now called) she had a rewarding 25-year career helping people with chronic fatigue and pain who were falling between the cracks of the medical system. She retired from medical practice at the end of 2022 and now supports the complex chronic disease community through her website www.eleanorsteinmd.ca.

Her expertise includes self-management, neuroplasticity, hormesis, mindset and quantum biology.



Danielle Suttie BA, BEd

A lover of life and seeker of joy, Danielle approached her job passionately as a high school language teacher until her persistent pain following a car accident left her unable to continue.

Determined to heal, she has sought the relief of innumerable healing modalities throughout the last 15 years. Committed to embracing her journey, she powerfully navigates the pain experience with self-compassion, acceptance and joy practices.

She finds renewed purpose sharing mindfulness and mindset tools on social media and through her podcast, Pain to Joy. Danielle believes that pain is a teacher and a gift; amidst the pain, joy is always possible.



Heather Walker

Vice President Claims, Disability Management Institute
BSc (Kinesiology), Diploma in Human Resources Management

Heather Walker is Vice President of Claims at the Disability Management Institute, where she brings 25 years of experience in disability management, insurance, and rehabilitation. With a background in kinesiology and human resources, Heather has built a career focused on empowering teams, supporting recovery, and improving outcomes for clients. Her insurance journey spans roles from case management to executive leadership, including nearly two decades at one of Canada's large insurers.

At the PSA Conference, Heather shares her commitment to clarifying the complexities of the disability claims process. In her session, "Disability Decisions Demystified: What Insurers Wish You Knew," she offers an insider's perspective designed to bridge the gap between healthcare providers and insurers—fostering collaboration, clarity, and compassion.

The Pain Society of Alberta has received unrestricted educational funding from the following exhibitors:

Gold



Silver



Bronze



Not For Profit

