

# AGENDA (Draft August 19, 2025)

## 16<sup>th</sup> Pediatric Pain Master Class

Saturday, January 24 – Friday, January 30, 2026

Mission Bay Conference Center at UCSF  
San Francisco, California, United States



Department of Pediatrics      Division of Pain, Palliative and Integrative Medicine.  
University of California in San Francisco School of Medicine



Benioff Children's Hospitals

Stad Center for Pediatric Pain,  
Palliative & Integrative Medicine

Saturday, January 24<sup>th</sup>, 2026

Start Time	End Time	Duration	Title	Presenter
0900	0930	30 min	<b>Registration</b> ( <i>breakfast on own</i> )	
0930	1050	80 min	<b>Welcome, Announcements &amp; Introductions</b> & Zoom practice for online audience	<b>Karen Sun, MD &amp; Stefan J. Friedrichsdorf, MD</b>
1050	1100	10 min	<b>Coffee Break</b>	
1100	1150	50 min	<b>Does prescribing opioids to children in acute pain increase the risk of substance use disorder in adulthood?</b> Addressing myths and barriers preventing adequate pediatric analgesia	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>
1150	1240	50 min	<b>Integrative Medicine in the Treatment of Pain and Distressing Symptoms in Children</b>	<b>Jenifer Matthews, MD, Anna Hoffman, MSN, RN, FNP-C</b>
1240	1340	60 min	<b>Lunch @ Conference Center</b>	
1340	1430	50 min	<b>Pain - nothing but a memory?</b>	<b>Melanie Noel, PhD</b>
1430	1520	50 min	<b>Pain Treatment in Neonates and Infants</b>	<b>Brian Carter, MD</b>
1520	1535	15 min	<b>Coffee Break</b>	
1535	1715	100 min	<b>Multimodal Analgesia Workshop:</b> Advanced pediatric pain treatment and prevention	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>
1715	1730	15 min	<b>Q&amp;A</b>	<b>All Faculty</b>
1730	1930	120 min	<b>The Awesome Analgesia Animal Challenge</b> <b>Evening Social: Appetizers &amp; Drinks</b>	

Sunday, January 25<sup>th</sup>, 2026

Start Time	End Time	Duration	Title	Presenter
0730	0800	30 min	<b>Registration</b> ( <i>breakfast on own</i> )	
0800	0815	15 min	<b>Welcome, Announcements</b> Stephen Wilson, MD Vice President, Chief Strategic Officer, UCSF Benioff Children's Hospitals <b>10-minute Experiential "Self-Hypnosis"</b>	
0815	0955	100 min	<b>Treating Neuropathic Pain in Children.</b> From graded motor imagery to adjuvant analgesia	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>
0955	1010	15 min	<b>Coffee Break</b>	
1010	1100	50 min	<b>Pediatric Pain Prevention and Treatment as a Human Right</b>	<b>Brian Carter, MD</b>
1100	1150	50 min	<b>Pediatric pain treatment - what have we learned over the past 40 years and where are we going?</b>	<b>Charles Berde, MD, PhD</b>
1150	1320	90 min	<b>Lunch @ Restaurant "SF Kebab"</b>	
1320	1410	50 min	<b>Know Pain and Know Gain: Pain neurophysiology education</b>	<b>Michael Sangster, BScPT, MBA, DPT</b>
1410	1500	50 min	It's all in our bodies AND heads: <b>Addressing mental health in children with pain</b>	<b>Melanie Noel, PhD</b>
1500	1515	15 min	<b>Coffee Break</b>	
1515	1605	50 min	<b>From Erythromelalgia to Suzetrigine: sodium channel and non-sodium channel genes in painful and painless diseases and in development of novel analgesics</b>	<b>Charles Berde, MD, PhD</b>
1605	1655	50 min	<b>Basic Analgesia - Yet Not So Basic? From Acetaminophen (Paracetamol), NSAIDs, COX-2 Inhibitors, dipyron (metamizole) and more</b>	<b>Steve Wilson, MD</b>
1655	1710	15 min	<b>Q&amp;A</b>	<b>All Faculty</b>

Monday, January 26<sup>th</sup>, 2026

Start Time	End Time	Duration	Title	Presenter
0730	0800	30 min	<b>Registration</b> ( <i>breakfast on own</i> )	
0800	0815	15 min	<b>Announcements &amp; Welcome</b> <b>Dr. Raphael Hirsch</b> Chair, Department of Pediatrics WH & Marie Wattis Distinguished Professor. UCSF School of Medicine Physician-in-Chief, UCSF Benioff Children's Hospitals	
0815	0955	100 min	<b>The Comfort Promise: Preventing Pain and Anxiety Caused by Needle (and Other Painful) Procedures.</b> <i>The "Why", the "What", and the "How"</i>	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>
0955	1010	15 min	<b>Coffee Break</b>	
1010	1100	50 min	<b>The Comfort Promise:</b> Utilizing quality improvement methodology to bring evidence to the bedside.	<b>Barbette Murphy, MSN, RN, CPNP; Kristen Beckler, M.Ed, CTRS, CCLS</b>
1100	1150	50 min	<b>How to Start a Movement:</b> Innovative Physical Therapy Approaches for the Patient with Pain	<b>Michael Sangster, BScPT, MBA, DPT</b>
1150	1250	60 min	<b>Lunch @ Conference Center</b>	
1250	1300	10 min	<b>10-minute Experiential "Qigong"</b>	<b>Robyn Adcock, DACM, L.Ac.</b>
1300	1350	50 min	<b>Opioid Selection in the Pediatric Population (Part I):</b> Mixed agonist/antagonist, partial opioid agonists & multi-mechanism analgesics	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>
1350	1440	50 min	<b>Responding to Non-Medical Opioid Use in Children and Teenagers</b>	<b>Lucien Gonzalez, MD, MS, FAAP</b>
1440	1455	15 min	<b>Coffee Break</b>	
1455	1545	50 min	<b>Adverse Childhood Events (ACEs) and Pediatric Pain</b>	<b>Cristina Benki, PhD</b>
1525	1615	30 min	<b>Cannabis and Cannabinoids for Pain Treatment in Pediatrics: Safe and effective?</b>	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>
1615	1630	15 min	<b>Q&amp;A</b>	<b>All Faculty</b>
1630	1730	60 min	<b>Optional: Visit of Stad Center Outpatient Clinics San Francisco</b>	

**Tuesday, January 27<sup>th</sup>, 2026**

Start Time	End Time	Duration	Title	Presenter
0730	0800	45 min	<b>Registration</b> ( <i>breakfast on own</i> )	
0800	0815	15 min	<b>Welcome, Announcements, Reflection, Teach-Back</b> Elisa Stad, Strategic Advisor, Consultant, Investor, Philanthropist	
0815	0905	50 min	<b>The Neurobiology of Pain Generation and its Control</b>	Allan Basbaum, PhD
0905	0955	50 min	<b>Opioid Selection in the Pediatric Population. Part II: Full <math>\mu</math>-opioid agonists</b>	Stefan J. Friedrichsdorf, MD, FAAP
0955	1010	15 min	<b>Coffee Break</b>	
1010	1100	50 min	<b>Neural circuitry and pain and itch: A Yin and Yang story</b>	Allan Basbaum, PhD
1100	1150	50 min	<b>How to Implement RN-Administered Nitrous Oxide Sedation into Clinical Practice</b>	Mindy Brice, RN-BSN, CLC, CPN
1150	1320	90 min	<b>Lunch on own: SPARK Social SF Food Trucks</b>	
1320	1330	10 min	<b>10-minute Experiential "Soothing Color Muscle Relaxation"</b>	Anna Hoffman, MSN, RN, FNP-C
1330	1420	50 min	<b>Buprenorphine for patients with opioid use disorder. An introduction</b>	Lucien Gonzalez, MD, MS, FAAP
1420	1510	50 min	<b>Pediatric Pain Treatment in Patients with Sickle Cell Disease</b>	Karen Sun, MD & Neha Bhasin, MD
1510	1525	15 min	<b>Coffee Break</b>	
1525	1615	50 min	<b>Opioid-Rotation in Infants &amp; Children: The complete crux of the incomplete cross-tolerance</b>	Stefan J. Friedrichsdorf, MD
1615	1705	50 min	<b>Meditation Experiential: From focusing, wandering or clearing your mind</b>	Jennifer Smorgon, PsyD
1705	1715	15 min	<b>Q&amp;A</b>	All Faculty
1715	1845	90 min	<b>Social Outing with Drinks and Appetizers</b>	

Wednesday, January 28<sup>th</sup>, 2026



Start Time	End Time	Duration	Title	Presenter
0730	0800	30 min	<b>Registration</b> ( <i>breakfast on own</i> )	
0800	0815	15 min	<b>Welcome, Announcements, Reflection, Teach-Back</b> Judie Boehmer, MN, RN, NEA-BC, FABC, Vice President, Chief Nursing Officer, UCSF Benioff Children's Hospitals	
0815	0955	100 min	<b>Primary Pain Disorders:</b> Chronic pain in head, abdomen, muscles, and joints	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>
0955	1010	15 min	<b>Coffee Break</b>	
1010	1020	10 min	<b>10-minute Experiential "Biofeedback"</b>	<b>Anna Hoffman, MSN, RN, FNP-C</b>
1020	1110	50 min	<b>Pain, Sex, and Death</b>	<b>Jeffrey Mogil, PhD, FCAHS, FRSC</b>
1110	1200	50 min	<b>Pediatric sedation &amp; anxiolysis for painful procedures</b>	<b>Karen Sun, MD &amp; Robin Alley, RN</b>
1200	1300	60 min	<b>Lunch @ Conference Center</b>	
1300	1440	100 min	<b>How to use Language Hypnotically to Alleviate Pain and Anxiety in Pediatric Patients</b>	<b>Leora Kuttner, PhD</b>
1440	1455	15 min	<b>Q&amp;A</b>	<b>All Faculty</b>

Thursday, January 29<sup>th</sup>, 2026

Start Time	End Time	Duration	Title	Presenter
0730	0800	30 min	<b>Registration</b> ( <i>breakfast on own</i> )	
0800	0815	15 min	<b>Welcome, Announcements, Reflection, Teach-Back</b>	
0815	0905	50 min	<b>Software problems unrelated to a hardware problem?</b> The “Broken Smoke Detector” and other analogies explaining chronic pain to kids and their parents.	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>
0905	0955	50 min	<b>The Magic Glove:</b> A versatile hypnotic technique	<b>Leora Kuttner, PhD</b>
0955	1010	15 min	<b>Coffee Break</b>	
1010	1100	50 min	<b>Mistakes Were Made:</b> How to fix pain research (and treatment)	<b>Jeffrey Mogil, PhD, FCAHS, FRSC</b>
1100	1150	50 min	<b>From Nerve Blocks to Epidural Infusions:</b> Regional anesthesia to treat pain in children – An Introduction	<b>David Burns, MD</b>
1150	1240	50 min	<b>Chronic intractable pain and irritability in children with neurological impairment</b>	<b>Julie Hauer, MD, FAAP, FAAHPM</b>
1240	1340	60 min	<b>Lunch</b>	
1340	1350	10 min	<b>10-minute Experiential “Ear Seeds”</b>	<b>Robyn Adcock, DACM, L.Ac and Anna Hoffman, MSN, RN, FNP-C</b>
1350	1440	50 min	<b>Intensive Inpatient Pediatric Pain Rehabilitation: Treating Pain by Restoring Function</b>	<b>Will Bernal, MD &amp; Cristina Benki, PhD</b>
1440	1530	50 min	<b>The Pain JEDI:</b> Justice, Equity, Diversity and Inclusion in Delivering Pediatric Pain Treatment	<b>Marsha Treadwell, PhD</b>
1530	1545	15 min	<b>Coffee Break</b>	
1545	1635	50 min	<b>CBT versus (or and) ACT? Cognitive Behavioral Treatment in Kids with Chronic Pain</b>	<b>Colleen Cullinan, PhD</b>
1635	1650	15 min	<b>Q&amp;A</b>	<b>All Faculty</b>

Friday, January 30<sup>th</sup>, 2026

Start Time	End Time	Duration	Title	Presenter
0730	0800	30 min	<b>Registration</b> ( <i>breakfast on own</i> )	
0800	0815	15 min	<b>Welcome, Announcements, Reflection, Teach-Back</b>  <b>10-minute Experiential "Active Progressive Muscle Relaxation" by Anna Hoffman, MSN, RN, FNP-C</b>	
0815	0905	50 min	<b>Methadone in Pediatrics: Taming of the shrew</b>	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>
0905	0955	50 min	<b>How to grow your pain program</b> Part 1: The Institutional Vision and Mission Part 2: Strategies to Improve the Pain Care of Children in Hospital: The Role of Pain Nurses	<b>Stephen Wilson, MD, Lisa Purser, RN, Lena Ngo, RN</b>
0955	1010	15 min	<b>Coffee Break</b>	
1010	1100	50 min	<b>From Acupuncture Research to Clinical Service: Implementing an integrative medicine at your institution</b>	<b>Robyn Adcock, DACM, L.Ac.</b>
1100	1150	50 min	<b>Is it Pain, Withdrawal, and/or Delirium...? Assessment and Treatment of Pain Behavior in Infants, Toddlers and Children on an Intensive Care Unit</b>	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>
1150	1220	30 min	<b>Lunch @ Conference Center</b>	
1220	1310	50 min	<b>The Global Comfort Promise: Prevention of Pain and Anxiety from Needle Procedures in Children with Cancer in Low- and Middle-Income Countries.</b>	<b>Michael McNeil, MD, MPH</b>
1310	1400	50 min	<b>Regional anesthesia modalities to treat and prevent pain in children</b>	<b>Caro Monico, MD</b>
1400	1450	50 min	<b>Massage Therapy in Pediatric Pain &amp; Symptom Management</b>	<b>Carolyn Tague, MA, CMT</b>
1450	1520	30 min	<b>Called to Arms: The adventure of pediatric pain management &amp; next steps</b>	<b>Stefan J. Friedrichsdorf, MD, FAAP</b>