



**CANADIAN ACADEMY
OF PAIN MANAGEMENT**
EXCELLENCE IN INTERDISCIPLINARY EDUCATION

IN THIS EDITION

- Article: Meditation and Mindfulness
- Credentialing with CAPM
- 2026 Fall Webinar Series
- Notices from Outside CAPM
- Stay Connected: Follow CAPM on LinkedIn

JUNE 2026 BULLETIN

ARTICLE

MEDITATION AND MINDFULNESS

Given that it is Migraine month I began a search for meditation and mindfulness. This led to two articles reviewed for this bulletin.

Neurobiological Changes Induced by Mindfulness and Meditation: A Systematic Review
Biomedicines. 2024 Nov 15;12(11):2613. doi: [10.3390/biomedicines12112613](https://doi.org/10.3390/biomedicines12112613)
<https://pmc.ncbi.nlm.nih.gov/articles/PMC11591838/> - ACCESSED June 22, 2026

Calderone A, Latella D, Impellizzeri F, de Pasquale P, Famà F, Quartarone A, Calabrò RS.
Neurobiological Changes Induced by Mindfulness and Meditation: A Systematic Review.
Biomedicines. 2024 Nov 15;12(11):2613. doi: 10.3390/biomedicines12112613. PMID:
39595177; PMCID: PMC11591838.

Summary of key points in the article:

There are multiple forms of meditation and need to be individualized to the person. It is noted that the studies have mixed types of meditation and methods. Most programs have a mix of in person and home-based practice. The home practice is of course not standardized although suggestions are given on what and how to practice. Some programs use apps to guide the home practice. Most recently, the focus of many studies has been on mindfulness. There are many studies of MBSR as it is a standardized program with either a 4 week or 8 week program of in person (can be virtual) and home-based practice. MBSR programs, including abbreviated versions, have been shown to increase cortical thickness in areas such as the right insula and improve psychological outcomes like reduced anxiety, depression, and alexithymia. Moreover,

mindfulness meditation has a specific effect on reducing pain and improving emotional awareness. MBSR has been found to be significantly superior to placebo treatments in reducing both the intensity and unpleasantness of pain. There are few long-term studies, and some contradictory results were found, however the **Author's Conclusions:** This review highlights that mindfulness, particularly through MBSR, improves emotional regulation and brain structure, reduces anxiety, and enhances stress resilience. Future research should focus on diverse populations and naturalistic settings to better understand and optimize these benefits.

An additional comment found in one of the references reminds us that meditation like other psychotherapy practice can have adverse effects (AE). Their review found that up to 8% of participants will report some type of AE. This article notes in their review of the literature, that very few studies report adverse effects at all. If they do, the AEs include anxiety and depression primarily. Other AEs included suicidality, GI disturbance, hallucinations and more.

Farias,M., Maraldi,E., Wallenkampf, K. C., Lucchetti, G. Adverse events in meditation practices and meditation-based therapies: a systematic review. Acta Psychiatr Scand 2020; 142: 374–393

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Editor

FALL 2026 VIRTUAL CREDENTIALING COURSE DATES

The Canadian Academy of Pain Management is pleased to announce the upcoming Virtual Fall Credentialing Course will take place on October 6, 8, 13 and 15, 2026 from 6:00 PM – 10:00 PM EDT

We encourage all members and prospective participants to mark their calendars and stay tuned for additional registration details and course information coming soon.

Please note: Members who are due for recredentialing are also welcome to fulfill their recredentialing requirements by attending and successfully completing this Credentialing Course.

If you are interested in joining please email us at office@eismanagementgroup.com and be the first to know when registration opens.

We look forward to another engaging and informative credentialing program this fall.

2026 FALL WEBINAR SERIES

The Canadian Academy of Pain Management (CAPM) is pleased to announce its Fall Webinar Series, featuring expert-led sessions on key topics in pain management, clinical practice, and medico-legal considerations.

These engaging webinars are designed for healthcare professionals seeking practical insights and current perspectives to enhance patient care and professional practice.

Upcoming Webinars

September 16, 2026 | 1:00 PM

Individualized Pacing Strategies for Client-Centered Care
Speaker: Martha Bauer

October 23, 2026 | 1:00 PM

Interventional Pain Medicine
Speaker: Dr. Hamid Khadim

November 10, 2026 | 10:00 AM

Mediolegal & Insurance Dimensions
Speakers: Dr. Michael Boucher and Lynn Cooper

December 11, 2026 | 1:00 PM

Pain Management in the Frail and Elderly
Speaker: Dr. Lydia Hatcher

We look forward to welcoming you to these informative sessions and fostering meaningful discussion among pain management professionals across Canada.

Watch for registration details coming soon, and join us this fall for learning, collaboration, and professional development.

NOTICES FROM OUTSIDE CAPM

1. IASP 2026 Global Year of Neuropathic Pain
 - a. IASP World Congress 2026 – Bangkok, Thailand October 26-30, 2026

Relevant 2026 Pain Dates:

- September 2026: **Pain Awareness Month.**
- October 17, 2026: **World Day Against Pain.**

STAY CONNECTED FOLLOW CAPM ON LINKEDIN

We're excited to invite all members of the Canadian Academy of Pain Management to follow us on LinkedIn! Our LinkedIn page is a great way to stay up to date with the latest news, educational insights, professional development opportunities, and community highlights from CAPM. Following us will help you stay connected with your peers and engage with content that supports excellence in pain management care and education.

Follow CAPM on LinkedIn: <https://ca.linkedin.com/company/canadian-academy-of-pain-management>

Thank you for being part of our community. We look forward to connecting with you online!

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