



Empowered Relief™ is an evidence-based, single-session pain class that rapidly equips patients with pain management skills. Developed at Stanford University.

Empowered Relief™ was developed by [Beth Darnall, PhD](#), and has been embedded into clinical pathways at Stanford University since 2013. Early positive scientific results led to major NIH funding to further study the benefits and mechanisms of the single-session pain relief class. In August 2021, *JAMA Network Open* published results for the NIH-funded randomized trial conducted in adults with chronic low back pain (read the full scientific report [here](#) ↗). Findings suggest that the single-session class conferred broad and clinically meaningful benefits across multiple outcomes at 3 months post-treatment (pain intensity, pain interference, pain catastrophizing, pain bothersomeness, anxiety, depression, sleep disturbance, and fatigue). Pragmatic comparative effectiveness studies are planned for 2022.

Empowered Relief™ is manualized, research-grade, and ready for immediate implementation into your clinic or research study.

Empowered Relief™ may only be delivered by certified instructors.

Any healthcare clinician may become an Empowered Relief™ certified instructor.

Workshop Faculty





Beth Darnall

Associate Professor



Maisa Ziadni

Instructor



Kristen Slater

Clinical Assistant Professor

Workshop Content and Structure

All certification workshops involve didactic content, a demonstration patient class, interaction with peers and faculty, and small group skills practice. Attendees finish the two-day event with foundational information and skills, all treatment materials (background scientific articles, the Empowered Relief therapist manual, instructor slide deck, and all patient materials), as well as an advertising kit.

Workshops Include

1. Two full days of expert-led didactics, demonstration, and skills practice
2. Demonstration of the Empowered Relief class with actual participants
3. Continuing Education credits/units depending on your profession
4. All materials required for you to successfully implement Empowered Relief into your clinic or healthcare system

[View Upcoming Workshops](#)



Empowered Relief™

1070 Arastradero Road, Suite 200
Palo Alto, CA 94304
United States

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Registration for the October 8-9, 2021 workshop is now closed.
Register for the January workshop



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Events

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- In-person Workshop
- Online Workshop

OCT
08
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Online Workshop
Empowered Relief Instructor Certification Workshop: October 2021
Friday, October 8, 2021 | 8:30am - Saturday, October 9, 2021 | 4:30pm PDT

JAN
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Online Workshop
Empowered Relief Instructor Certification Workshop: January 2022
Thursday, January 27, 2022 | 8:30am - Friday, January 28, 2022 | 4:30pm PST



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