

# *Anesthesiology Grand Rounds Lecture*

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## Empowered Relief:

1-Session Pain Relief Skills  
Intervention for Acute and  
Chronic Pain

**Dr. Beth Darnall**

Friday, December 16th, 6:30- 7:30 am, 208 Light Hall

Sponsored by the Department of Anesthesiology and  
Vanderbilt Center for Musculoskeletal Research

After participating in this CME activity, participants should be able to:

- 1) Understand the need for brief, effective, skills based pain treatment people may receive in person or online
- 2) List 3 clinically meaningful benefits for Empowered Relief at in people with chronic pain 3 months post-treatment
- 3) Describe 2 clinical benefits (treatment outcome results) for Empowered Relief received by two surgical populations.