

Idaho, USA

## HOLISTIC WELLNESS TREATMENT PROGRAM OF THE YEAR

### Holistic Centered Treatment

Led by Dr Traci Patterson, Holistic Centered Treatment supports people living with chronic pain conditions including CRPS, fibromyalgia and dysautonomia. The Idaho-based company combines conventional medical approaches with integrative care strategies designed for people navigating complex, long-term pain conditions. Dr Patterson's work centres on advancing evidence-based, non-invasive and medication-free treatment modalities that prioritise long-term outcomes and improved daily function. The clinic looks beyond symptoms to treat all aspects of chronic pain. Each patient receives a customised care plan to help them reach their goals and increase quality of life.

The Holistic Centered Treatment is dedicated to improving outcomes for people living with CRPS and complex chronic pain conditions through treatment development, research and support. The five-step protocol addresses the nervous system, stress response, pain loops, emotional regulation and co-existing conditions. It aims to regulate autonomic function, reduce fight-or-flight activation and promote overall healing. Drawing from neuroplasticity and pain science, this approach uses laser therapy, PEMF, microcurrent, clinical hypnosis, neuroplasticity, vagus nerve techniques, etc. It is gentle, adaptable, and tailored to individual needs, focusing on holistic, evidence-based, non-invasive methods that support gradual progress and help prevent flares in chronic pain and neurological conditions.

The judging panel was particularly impressed by its integrated model of care that combines clinical innovation with accessibility for diverse patient groups. Its programmes extend across paediatric, adolescent and adult populations, recognising that chronic pain affects individuals at every stage of life. The vision is to enhance lives through education, research, and accessible therapies. The organisation prioritises awareness, education, and stigma reduction to promote understanding of CRPS and related conditions. It also promotes improved access to effective treatment options while supporting research into better long-term outcomes. By linking therapeutic delivery with advocacy, it positions itself within a wider effort to improve standards of care and patient experience in the chronic pain field.



Holistic Centered Treatment provides whole-person chronic pain care using integrated, evidence-informed approaches.



[www.holisticcenteredtreatment.com](http://www.holisticcenteredtreatment.com)

+1 844 994 0999

[info@HolisticCenteredTreatment.com](mailto:info@HolisticCenteredTreatment.com)