



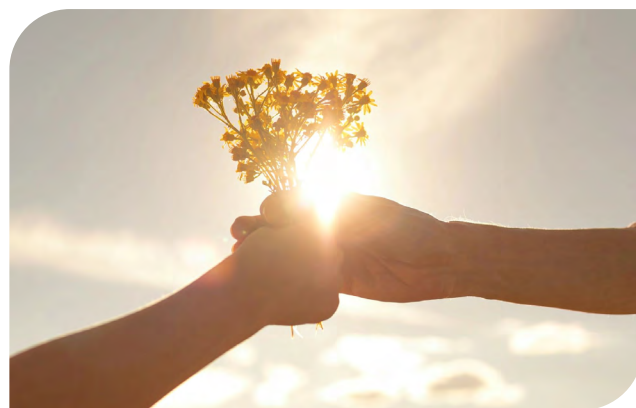
The Idaho-based clinic using holistic approaches to improve chronic pain outcomes

Non-pharmacologic alternatives to pain management have been used for centuries, with many rooted in traditional healing practices across different cultures and used to support a wide range of health concerns. These days, holistic approaches are often used alongside conventional care, especially in the management of chronic conditions. Research on PubMed Central found that complementary and alternative medicine is most used for musculoskeletal pain. Notably, 59-90% of patients using these therapies for chronic pain say they help – a strong case for including them in pain management and recovery.¹

Founded by Complex Regional pain Syndrome (CRPS) survivor and advocate, Dr Traci Patterson, Holistic Centered Treatment combines holistic therapies with modern scientific understanding to help people living with complex pain. It takes an individualised approach, with care plans tailored to each person's physical symptoms, nervous system health, and any co-existing conditions. The programme often supports people living with conditions such as Complex Regional Pain Syndrome, fibromyalgia, dysautonomia, and chronic migraine, along with other complex chronic pain conditions. Pain is a dynamic phenomenon that fluctuates in response to stress, physiological regulation, and alterations within the nervous system over time. These interconnected factors can significantly affect an individual's physical sensations and movement daily.



The Chronic Pain Intensive is a structured outpatient programme designed to deliver concentrated care over a two-week period, with participants typically engaging in approximately five hours of treatment daily. This is followed by a 90-day home programme to reinforce progress and support long-term outcomes. The intensive is designed to compress the equivalent of several months of therapeutic work into a focused, immersive format. It addresses multiple dimensions of chronic pain, including physical symptoms, emotional regulation, stress response, and co-existing conditions. By integrating a wide range of modalities within a short timeframe, the programme aims to help recalibrate the nervous system and support sustained functional improvement beyond the clinic setting.



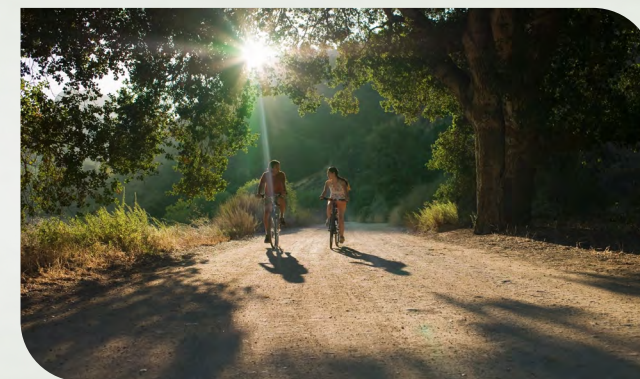
1. PubMed Central. "A comprehensive review of alternative therapies for the management of chronic pain patients: acupuncture, Tai Chi, Osteopathic Manipulative Medicine, and Chiropractic Care" (November 2020), www.pmc.ncbi.nlm.nih.gov

Holistic Centered Treatment *Experts in CRPS & Chronic Pain*

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Holistic Centered Treatment's programme works by combining evidence-based technologies and holistic therapies to address the biological and physiological drivers of chronic pain. It is designed to move the body out of a persistent "fight or flight" state by regulating the autonomic nervous system, reducing stress load, and supporting neuroplastic change. A core principle is that interventions should not increase pain, as heightened pain responses can reinforce sympathetic nervous system activation. The multimodal protocol may include laser therapy, PEMF, microcurrent, biofeedback, breathwork, clinical hypnosis, vagus nerve stimulation, and other brain-body techniques. Each plan is individualised, ensuring that treatment aligns with the patient's needs, goals, and tolerance, while focusing on restoring balance and improving resilience.

HCT Foundation is a mission-driven organisation focused on improving outcomes for individuals living with Complex Regional Pain Syndrome and related chronic pain conditions. Its mission is to save lives by addressing urgent patient needs, funding innovative treatment approaches, and supporting breakthrough research aimed at prevention and potential cures. The foundation aims to transform chronic pain care through education, expanded access, and increased global awareness. It also supports underserved groups, encourages advocacy, and fosters cooperation among patients, clinicians, and researchers.



For more information about how Holistic Centered Treatment is working to support individuals living with chronic pain, please visit www.holisticcenteredtreatment.com.