

THE POWER OF GROUPS

Understanding What Makes Group Medical Visits Effective

Program Schedule | September 18, 2026



ALL TIMES IN EASTERN STANDARD TIME

IMPLEMENTATION TRACK

9:30AM EAST COAST COFFEE TALK

10:00 AM WELCOME & OPENING CEREMONY
Who's in the room & why are we here?

10:15 AM KEYNOTE



Rx: Connection – Medical Group Visits as Social Prescribing

Alan Siegel, MD Dr. Alan Siegel is Co-founder and Executive Director of Social Prescribing USA, the leading national organization advancing social prescribing across the U.S. A Family Physician at Kaiser Permanente Oakland, he works to integrate social prescribing and Social Health approaches into healthcare systems for patients and healthcare workers. Dr. Siegel has led medical group visits in centering, diabetes, and pediatric obesity for more than 15 years and is a national advocate for the healing power of social connection, the arts, nature, and community engagement.

11:15AM 5 MIN TRANSITION

11:20AM SESSION 1

IMPLEMENTATION

Group-Based Treatment for Opioid Use Disorder (GBOT!): The Evidence and Nuts and Bolts to Implementation

Randi Sokol, MD, MPH,
MMedED

RESEARCH

Tips & Tricks for Optimizing the Science, Practice, & Sustainability of GMVs: Lessons Learned from Mixed Methods Research of Full Plate Living GMVs in an Employer Health Center

Martha Shepherd, DO, MPH,
FAAFP, FACLM
Morgan Stine, MPAP, PA-C
Robert Russell, DPT
Thomas Young, PMHNP-BCR,
RN, BSBA

SPECIAL TOPICS

Utilizing Group Medical Visits for Bipolar Disorder to Facilitate Access to Care, Improve Treatment, and Enhance Trainee Education

Sagar V. Parikh, MD, FRCP

11:50AM 5 MIN TRANSITION

11:55AM SESSION 2

Centering-based group prenatal care across cultural settings: Modification processes for successful implementation

Deborah Billings, PhD
Astrid Van Damme, CNM, PhD

Music Therapy Optimizing Chronic Pain Management within a Group Medical Visit Model: A Single Arm Pilot Study

Angelique Foss, CHES, NBC-
HWC, LPMT, MT-BC
Karen Bond, PA-C, DipACLM

A Culinary Medicine Group Visit for People with Chronic Conditions that Limit Function

Kathleen Wolff, APRN, BC-FNP



* = session is
not eligible for
CME credits

12:25PM 5 MIN TRANSITION

12:30PM **SESSION 3 , WORKSHOP 1**

**Considerations and
practices for trauma-
sensitive group facilitation**

Elizabeth Walsh, PhD
Kathryn Hansen, PhD, MSN, ANP-BC

**Using Qualitative methods
for you quality
improvement and
research projects to
assess your groups**

Paula Gardiner, MD
Elyse Park, PhD, MPH

**Lessons on Wellness for
Every Body: Core
Principles and Strategies
from a Weight Inclusive
Group Medical Visit for
Patients**

Cortney Crespo MD, MMedEd
Tia Tucker MD, MPH
Madhuri Rao MD

1:15PM 5 MIN TRANSITION

1:20PM **SESSION 4**

**Opportunities and
challenges in Integrative
Medical Group Visit
program co-facilitated by
lived experts**

Jessica Barnhill, MD, MPH
Taccarro Wilson
Yoko Morris

Oral Abstracts Session #1*

**1:20 PM- Diabetes Medical Group
Visits and Type 2 Diabetes
Outcomes: A Mediation Analysis of
Diabetes Distress**
Matthew Reichert

**1:30 PM-Feeling Seen: Sense of
Community, Pain Interference, and
Self-Efficacy in a Digital
Mindfulness Trial for Chronic Pain**
Laura Orozco

**1:40 PM- Virtual SMA
Prehabilitation for Spine Surgery**
Deborah L. Bernal M.D.

**Peer connection is the
intervention: Adapting a
group medical visit for
opportunity youth**

Peter Scal, MD MPH
Kate Shafto, MD, FAAP, FACP

1:50 PM **LUNCH**

2:15 PM **PANEL DISCUSSION**

IMPLEMENTATION TRACK

Facilitator Competencies for Group-Based Care

Leaders in group-based care will share lessons on developing facilitator competencies and standards. Participants will learn how these skills support effective, scalable, and sustainable care programs.

Ghislaine Challamel, MS- Senior Advisor, Teaching Kitchen Collaborative
Ruth Q. Wolever, PhD- Director of Vanderbilt Health Coaching: Practice, Research & Education
Liz Friedman- Group Peer Support CEO & Co-Founder

3:10PM 5 MIN TRANSITION

ALL TIMES IN EASTERN STANDARD TIME

3:15PM SESSION 5 , WORKSHOP 2

**Consistency is Key:
Optimizing Processes for
Group Visit Administration**

Tiff Young, CYT-200

**Facilitating
Comprehensive Care:
Lessons from Other
Disciplines**

Elliott Lee, PhD, MSc
Michelle Prentice, MD, MSc,
CCFP, DipABLM

**Scaling Root-Cause Care:
A Practical Model for
Functional Medicine
Shared Medical
Appointments**

Dan Lukaczer ND
Monique Class, MS, APRN, BC

4:00PM 5 MIN TRANSITION

4:05PM SESSION 6

**Diabetes MESSAGES: A
Learning Collaborative to
Support Community Health
Centers in Implementing
and Sustaining Group
Visits**

Erin Staab, MPH

**Functions, Forms, and
Fidelity of Integrative
Group Medical Visits for
Chronic Pain**

Isabel Roth, DrPH, MSN
Moriah Fender, RN

**A Nurse Led Shared
Medical Appointment
Lifestyle Medicine
Program**

Paula Christianson-Silva, DNP,
APRN, ANP-BC, FNP-BC,
DipACLM

4:35PM 5 MIN TRANSITION

4:40PM SESSION 7

**Idea to Implementation:
Creating a 10-Week Group
Program on Treating
Disease by Cultivating
Health**

Greg Yasuda, ND

Oral Abstracts Session #2*

4:40 PM- **Integrative Medicine
Group Medical Visits for
peri/menopause.**
Debra G. Bell, MD

4:50 PM- **The Hidden
Complexities of Virtual
Mindfulness-Based Group
Medical Visits**
Jessica Barnhill

5:00 PM **Group Cohesion as a
Mechanism for Functional
Change in Integrative Group
Medical Visits for Chronic Pain**
Bernice Asante-Nketiah

**The Team Is the
Treatment: A
Transdisciplinary Group
Visit Model for Complex
Chronic Pain**

Sergey Borodianski, MD

* = session is not eligible for CME credits



ALL TIMES IN EASTERN STANDARD TIME

5:10PM 5 MIN TRANSITION

5:15PM SESSION 8, ROUND TABLE

THIS ROUND TABLE SWITCHING SESSION WILL BRING YOU INTO A SMALL DISCUSSION GROUP. AFTER 20 MINS, YOU'LL ROTATE TO A NEW GROUP.

Discussion on Competencies for Trainees

Paula Gardiner, MD

From Patient Feedback to Expert Consensus: A Framework for Developing Group Medical Visit Programs for Older Adults with Chronic Pain

Wren Burton DC, MPH

Exploring How to Deliver Meaningful Impact to Patients of FQHCs Through Group Medical Visits

Darra Husome, FNP-C, PMHNP-C, Dip ACLM
Tara Smith, MA-C, Care Coordinator

6:00PM 5 MIN TRANSITION

6:05PM SESSION 9

Making groups fun and meaningful: What I have learned from 30 years of practicing GMV / SMA

Jeffrey Geller, MD

Community-Based Integrated Care for Chronic Pain: A Qualitative Study of the Estrategia de Dolor Crónico No Oncológico in San Felipe, Chile

Julia Naganuma-Carreras, MPH candidate

Understanding the Psychology of Group Care

David J. Giard, Psy.D., MSCP

6:35PM CLOSING REMARKS

IMPLEMENTATION TRACK

7:00PM WEST COAST COFFEE TALK