



PLENARY 3:
FRIDAY, OCTOBER 18, 2019
8:00 AM - 9:00 AM

PLENARY DESCRIPTION:

The current opioid crisis, which arose in part due to well-intentioned efforts to alleviate untreated pain, is now being addressed with heightened urgency at both clinical and policy levels. Recently, the National Institutes of Health (NIH) launched the HEAL (Helping to End Addiction Long-term) Initiative to stem the opioid crisis. Among the treatment solutions being studied in the NIH HEAL initiative, mindfulness-based interventions have been identified as being promising treatments for pain, opioid misuse, and opioid use disorder (OUD). Mindfulness-based interventions may be especially well-suited for targeting the pathogenic mechanisms propelling the downward spiral from chronic pain to opioid misuse and OUD. In this plenary, we begin by presenting mechanistic evidence that opioid misuse is underpinned by deficits in the capacity to regulate hedonic responses as indicated by fMRI, EEG, and autonomic neuroscience. Having established an association between opioid misuse and hedonic dysregulation, we then present results from two, distinct Stage 2 randomized controlled trials (RCT) of the effects of an eight-week mindfulness-based intervention, Mindfulness-Oriented Recovery Enhancement (MORE), on prescription opioid use and misuse among chronic pain patients (N=115 and N=95), with a focus on the hedonic regulatory mechanisms underlying clinical outcomes. Next, we will present ecological momentary assessments and clinical outcome data from a newly completed Stage 1 RCT (N=30) of MORE as an adjunct to medication assisted treatment (MAT) for individuals with chronic pain and OUD. Finally, we examine mindfulness as a potential prevention intervention by presenting results from a large RCT (N=316) of the effects of a single, brief preoperative session of mindfulness training for patients receiving opioids during orthopedic surgery. Altogether, this plenary will shed light on the efficacy and therapeutic mechanisms of mindfulness-based interventions for individuals suffering from opioid misuse, OUD, and chronic pain.

SPEAKERS:



Eric Garland, PhD, LCSW



Adam Hanley, PhD



Justin Hudak, PhD

