

**Distinguished Speaker Event**  
**Saturday October 26, 2024**  
**9:30AM to 1:00PM**  
**Folsom Hall-Sacramento State**

**TIME-ORDERED AGENDA**

**9:30 AM – 10:00 AM** Check-In & Continental Breakfast Reception  
**10:00 AM – 11:20 AM** Screening of *This Might Hurt*  
**11:20 AM – 12:00 PM** Distinguished Speaker: **Kent Bassett**, Symptom Recovery Coach  
**12:00 PM – 1:00 PM** Healthcare Resource Fair

**Short Abstract:** The standard treatments for chronic pain are falling short. And, in cases such as opioids, they are making the problem worse. What do we do to effectively treat chronic pain when we know it will affect nearly 80% of us at some point in our lives? *This Might Hurt* (Austin Film Festival) is a documentary that offers solutions to reduce and unlearn chronic pain. The film follows three chronic pain patients who have spent years searching for answers. Desperate for relief, they enter a new medical program — run by Dr. Howard Schubiner — that focuses on uncovering hidden causes of pain, and retraining their brains to switch the pain off. This new paradigm for diagnosis and treatment was found to be effective in several randomized trials, and was listed as a “best practice” by the HHS’s task force to combat the opioid epidemic. *This Might Hurt* provides an intimate exploration and suggests a path to healing for millions: [www.thismighthurtfilm.com](http://www.thismighthurtfilm.com)

**Bio:** **Kent Bassett** is an Emmy-nominated filmmaker, film editor, and pain recovery coach. He directed and edited *This Might Hurt*. Much of the drive to spend seven years making *This Might Hurt* came from Kent’s own struggle with chronic tendonitis and repetitive stress injury as a 22-year-old. Unable to type or even turn a doorknob without severe pain, he was forced to drop out of college. Although he saw several doctors and tried physical therapy, strength training, and opioids—his pain grew steadily worse. It wasn’t until he had an insight into the role of the brain in triggering real physical pain that he was able to completely recover.

After completing the film, Kent trained as a pain recovery coach and works with people struggling with chronic pain, anxiety, depression, fatigue, and long covid. His approach to coaching is influenced by his own healing journey that involved emotion-focused therapy and mindfulness meditation. He’s completed Dr. Howard Schubiner’s and Hal Greenham’s live practitioner’s training, Freedom From Chronic Pain, as well as Mark Lumley’s Emotional Awareness and Expression Therapy (EAET) training. In 2023, he was invited to present at the Psychophysiological Disorders Association’s annual conference for physicians, therapists, and coaches.