

QPRN presents:

NAPS North American
Pain School

An International Educational Initiative

Since 2016

NAPS VIII

Program

June 22 – June 27, 2025

Château Montebello
Montebello, QC, Canada

www.northamericanpainschool.com



#NAPainSchool



Vision of NAPS

The North American Pain School (NAPS) will bring together leading experts in the fields of pain research and management to provide a unique educational and networking experience for the next generation of basic science and clinical pain researchers. We offer opportunities for scientific education, professional development, and connections with peers in a setting far removed from the lab and steeped in the character and culture of Quebec.

Led by an Executive Committee of permanent faculty, NAPS will take place in the first weeks of summer to take full advantage of all that Quebec has to offer—from the Festival International de Jazz de Montreal to nearby wilderness activities. The venue for NAPS will facilitate lectures by both faculties and students as well as intimate breakout conversations and offer an array of recreational opportunities.

Each year's program will have a different theme, and will bring together approximately 30 trainees with six dynamic, internationally recognized pain investigators from around the world and NAPS permanent faculty for an intensive four-day workshop.

Director's Message: Overview of the 2025 North American Pain School

Dear Colleagues

Welcome to the 8th edition of NAPS! Every NAPS is designed to be truly multidisciplinary, and to focus on career development as well as science. We've invited a very accomplished and exciting set of six visiting faculty, who will participate in our workshops as well as telling us about their research. In addition to the permanent and visiting faculty we will also have the privilege and pleasure of interacting with patient partners and supporters of NAPS. We're excited this year to welcome back Neil Andrews to head up the reimagined NAPS Science Communicators Program. Also new this year is an exciting workshop on lab management skills. Back from last year are student talks, workshops on presentation skills, mentoring, negotiation, interviews, scientific entrepreneurship and psychophysical testing, "topic lunches", an "Ask-A-Patient" session, and the famous and always entertaining student debates. And of course the times when the true learning and networking occurs, during coffee breaks, meals (including special regional cuisine), bonfires, yoga, and our special outing on the last day of NAPS. I and the rest of the Executive Committee are beyond excited to meet and learn with a new cohort of pain's best-and-brightest.

See you in June!



Jeffrey Mogil, PhD, FCAHS, FRSC
Director, North American Pain School

Executive Committee



Jeffrey S. Mogil, Ph.D.
(Director)

E.P. Taylor Professor of Pain Studies
Depts. of Psychology and Anesthesia,
Faculties of Science, Medicine, and Dental
Medicine, McGill University.



Christine T. Chambers, Ph.D.
(Associate Director)

Professor Depts of Pediatrics and Psychology
& Neuroscience, Dalhousie University and IWK
Health Centre.
Scientific Director, Solutions for Kids in Pain.



Theodore Price, Ph.D.

Eugene McDermott Professor / Director of
Center for Advanced Pain Studies, School
of Behavioral and Brain Sciences, University
of Texas at Dallas.



Yenisel Cruz-Almeida, Ph.D.,
M.S.P.H.

Associate Professor and Associate Director, Pain
Research & Intervention Center of Excellence,
University of Florida.



Jennifer Haythornthwaite, Ph.D.

Professor, Dept. of Psychiatry & Behavioral
Sciences, John Hopkins University School
of Medicine.



Rajesh Khanna, Ph.D.

Richard and Thelma O.C. Barney Term Professor
Department of Pharmacology & Therapeutics
Director, Center for Advanced Pain Therapeutics
and Research (CAPToR)
University of Florida College of Medicine

Coordination



H el ene Beaudry, Ph.D.

Coordinator of the North American Pain
School / Scientific Coordinator of the
Quebec Pain Research Network.



Iulia Tufa, B.Sc.

Coordinator of the North American Pain
School / Scientific Coordinator of the Quebec
Pain Research Network.

Visiting Faculty



Clifford Woolf, Ph.D., M.B., B.Ch.

- Professor, Boston Children's Hospital and Harvard Medical School



Jennifer Stinson, Ph.D., RN(EC), CPNP, FAAN

- Scientist, Research Institute
- Nurse Practitioner in Chronic Pain Program
- The Hospital for Sick Children



Hadas Nahman-Averbuch, Ph.D.

- Assistant Professor, Washington University Pain Center
Division of Clinical and Translational Research
Department of Anesthesiology
Washington University School of Medicine



Kirsty Bannister, Ph.D.

- Professor, Pain Neuroscience
Department of Life Sciences
Imperial College London



Tor Wager, Ph.D.

- Diana L. Taylor Distinguished Professor in Neuroscience at Dartmouth College
- Director of Dartmouth's Cognitive and Affective Neuroscience
- Director of the Dartmouth Brain Imaging Center
- Director of the Dartmouth Center for Cognitive Neuroscience



Jaris Swidrovich, Ph.D., B.SP, Pharm.D., AAHVP, R.Ph.

- Assistant Professor & Indigenous Engagement Lead
- Leslie Dan Faculty of Pharmacy, University of Toronto
- Co-Scientific Director, nāṭawihowin First Nations Research Network
- Founder & Chair, Indigenous Pharmacy Professionals of Canada

Patient Partners



Sandra Woods

- Patient partner
- Veteran (Royal Canadian Air Force)
- Canadian Pain Society
- Chronic Pain Peer Mentorship Program
- Alan Edwards Pain Management Unit
- #ArtDespitePain, pain awareness initiative



Quàna Madison

- Patient partner
- National Pain Advocacy Center
- National Institutes of Health HEAL Initiative

NAPSters



Zhaoxing Wei

@zhaoxingwei.bsky.social
Dartmouth College, USA
Supervisor: Tor Wager

"My project reveals how the brain and spinal cord turn pain into a placebo party—proving that sometimes, the best remedy is nothing more than a clever mind trick!"



Pavithra Thomas

@pavi-andrea.bsky.social
University of Alabama at Birmingham, USA
Supervisor: Robert Sorge

"Aging, pain, and poverty are a terrible combo—good thing social services exist! Oh wait..."



Javier Tamargo

@jtamargo.bsky.social
University of Florida, USA
Supervisor: Yenisel Cruz-Almeida

"MIND The Pain."



Doriana Taccardi

@dorianataccardi.bsky.social
Queen's University, Canada
Supervisor: Nader Ghasemlou

"Pain score is important, but timing is everything!"



Małgorzata Starzec-Proserpio

@starzecproserpio.bsky.social
Université de Sherbrooke, Canada
Supervisor: Mélanie Morin

"Pelvic pain can be a real headache!"



Thea Senger-Carpenter

@TheaCarpenter.bsky.social
Michigan State University, USA
Supervisor: Natoshia Cunningham

"We should think more about childhood events when treating people with systemic lupus erythematosus (aka what Selena Gomez has)"



Dhaneesha Senaratne

@dhan-senaratne.bsky.social

University of Dundee, UK

Supervisor: Lesley Colvin

"Childhood trauma is for life, not just for Christmas."



Victor Schneider

@vinestreetvic.bsky.social

Cincinnati VA Medical Center, USA

Supervisor: Sharyl Frensemeier

"Impact of pain history on Veteran participation in movement challenge LOL."



Josep Roman-Juan

University of Calgary, Canada

Supervisor: Melanie Noel

"Moving countries is stressful, but for some, it's literally a pain."



Luis David Rodriguez Hernandez

University of Toronto, Canada

Supervisor: Robert Bonin

"Stars (astrocytes) in the spinal cord"



Nicole Pope

@nickypope.bsky.social

University of Melbourne, Australia

Supervisor: Jennifer Stinson

"Power over Pain for Primary Caregivers (PoPPc): Supporting those who support; because caregivers' health matters too!"



Janne Nold

@janne-nold.bsky.social

University Medical Centre Hamburg-Eppendorf, Germany

Supervisor: Christian Buechel

"Exercise is a pain reliever - but not for everyone!"



Chun Yin Liu

@liuchunyin.bsky.social
University of Western Ontario, Canada
Supervisor: David Seminowicz

"All I wanted was to study pain circuits, but now I'm roasting volunteers in a 7T MRI scanner for science!"



Sahel Jahangiri Esfahani

@saheljahan.bsky.social
McGill University, Canada
Supervisor: Luda Diatchenko

"The story of fibromyalgia's immune system, where neutrophils stage a muted protest!"



Edna Evington

@drednaevington.bsky.social
University of Pittsburgh, USA
Supervisor: Jessica Merlin

"Not addressing pain in opioid use disorder treatment is a real bummer."



Jonathan Enders

@jonathanenders-phd.bsky.social
Medical College of Wisconsin, USA
Supervisor: Cheryl Stucky

"Heat shock proteins regulate heat sensing channels and, you guessed it, heat-related pain episodes."



Justine Dol

@justinedol.bsky.social
IWK Health, Canada
Supervisor: Christine Chambers

"Dr. Google, how do I manage my child's acute pain?"



Carlos Cruz Castro

University of Florida, USA
Supervisor: Roger Fillingim

"Don't get hypertension, it'll give you arthritis and you might not feel it!"



Sarah Crowards

@sarahcrowards.bsky.social
University of Kansas Medical Center,
USA

Supervisor: Doug Wright

"The immune system is cool, but sometimes it makes your feet hurt"



Nicholas Cherup

University of Virginia, USA
Supervisor: Patrick Finan

The nexus of mind-body interventions and psychedelic substances to improve psychophysical outcomes in chronic pain.



La-Urshalar Brock

Emory University, USA
Supervisor: Nicholas Giordano

"The Nerve of Chemo: Unpacking CIPN in Black Breast Cancer Survivors."



Kathryn Braden-McInerney

@katybraden.bsky.social
Washington University in St. Louis, USA
Supervisor: Daniel Castro

"Can we manipulate endogenous opioids in the brain to relieve pain unpleasantness in mice?"



Jeffrey Boon

@JeffreyBoon3.bsky.social
The Ohio State University, USA
Supervisor: Todd Monroe

"The pain you manage may be your own: pain management in dementia family caregiving dyads."



Courtney Bannerman

@CBannerman.bsky.social
Massachusetts General Hospital, USA
Supervisor: Brian Wainger

"Sodium channels got you down? Let's boost those potassium channels up!"



Heather Allen

@hea6ther.bsky.social

University of Florida, USA

Supervisor: Rajesh Khanna

"I study the switchboard for pain in the brain."



Tusar Acharya

@tusar1992.bsky.social

MD Anderson Cancer Center, USA

Supervisor: RPeter Grace

"B cells regulate formation of DRG tertiary lymphoid structures and pain after peripheral nerve injury."

NAPSters (Science Communicators)



Shirin Sadighparvar

@shirinshs.bsky.social

McGill University, Canada

Supervisor: Reza Sharif-Naeini

"The brainstem: the ultimate pain DJ—tuning, remixing, and sometimes turning the volume way up (or down)."



Silvia Fanton

@silvfan.bsky.social

Harvard Medical School, USA

Supervisor: Marco Loggia

"Carpal Tunnel Syndrome, from numb to nimble: The brain's makeover journey through neuroinflammation and somatosensory cortical plasticity."



Julia Nickols

@j-nickols.bsky.social

University of Alberta, Canada

Supervisor: Anna Taylor

"Opioids but it's none of the fun stuff and lots of pain and diarrhea."



Daniela Maria Escobar Espinal

@danielamesc.bsky.social

University of São Paulo, Brazil

Supervisor: Glauce Crivelaro do Nascimento

"I gave cannabis to the trigeminal nerve, and now the microglia can't decide whether to inflame or chill."



DAY BY DAY

SUNDAY, JUNE 22nd

MONDAY, JUNE 23rd

TUESDAY, JUNE 24th

WEDNESDAY, JUNE 25th

THURSDAY, JUNE 26th

FRIDAY, JUNE 27th

Sunday,
June 22nd

12:00 p.m. Quebec	Early Birds Light lunch
2:00-5:00 p.m. Lobby	Registration and Check-in
4:30-5:30 p.m. Foyer Outaouais	Welcome Cocktail Hour
4:45-5:00 p.m. Outaouais 1	Science Communicators Program Meeting Neil Andrews, Christine Chambers
5:30-6:00 p.m. Outaouais 1	Opening Remarks - Director's Welcome - Supporters' Welcome Hélène Beaudry (QPRN) Jeff Krajewski (Eli Lilly and Company) - Introduction of Executive Committee - Introduction of Visiting Faculty - Introduction to Yoga with Ondine - Debate Instructions and Teams
6:00-6:20 p.m. Outaouais 1	Patient Partner Intros Sandra Woods, Quàna Madison
6:20-6:50 p.m. Outaouais 1	Special Lecture: Hadas Nahman-Averbuch (NAPS Alum) From NAPS to NOW
7:00-8:30 p.m. Aux Chantignoles	Dinner
8:30-9:30 p.m. Outaouais 1	Icebreaker Games

Monday
June 23rd

7:00-7:50 a.m.
Foyer Outaouais

Yoga with Ondine

8:00-9:00 a.m.
Aux Chantignoles

Breakfast

9:00-9:30 a.m.
Outaouais 1

Meet the Executive Committee
**Jeffrey Mogil, Christine Chambers,
Jennifer Haythornthwaite, Theodore Price,
Yenisel Cruz-Almeida, Rajesh Khanna**

9:30-10:00 a.m.
Outaouais 1

Student Presentations (#1-3)

10:00-10:30 a.m.
Foyer Outaouais

Coffee Break

10:30-11:20 a.m.
Outaouais 1

Visiting Faculty Talk: Kirsty Bannister
**Understanding Pain: How Do Preclinical
and Clinical Studies Translate?**

11:20-11:50 a.m.
Outaouais 1

Student Presentations (#4-6)

12:00-2:30 p.m.
Aux Chantignoles

Topic Lunch and Break

Monday,
June 23rd

2:30-3:30 p.m. Outaouais 1	Student Presentations (#7-12)
3:30-3:50 p.m. Foyer Outaouais	Coffee Break
3:50-4:40 p.m. Outaouais 1	Visiting Faculty Talk: Jennifer Stinson Beyond the Pill: Digital Therapeutics Shaping the Future of Pediatric Pain
4:40-5:40 p.m. Outaouais 1	Student Presentations (#13-18)
6:00-7:30 p.m. Aux Chantignoles	Dinner
7:30-9:00 p.m. Outaouais 1	Workshop: Making the Most of Mentors Jennifer Haythornthwaite
9:15-11:00 p.m. Meet in the lobby	Bonfire

Tuesday,
June 24th

7:00-7:50 a.m.
Foyer Outaouais

Yoga with Ondine

8:00-9:00 a.m.
Aux Chantignoles

Breakfast

9:00-9:45 a.m.
Outaouais 1

Ask-a-Patient
Sandra Woods, Quàna Madison

9:45-10:35 a.m.
Outaouais 1

Student Presentations (#19-23)

10:35-11:00 a.m.
Foyer Outaouais

Coffee Break

11:00-11:50 a.m.
Outaouais 1

Visiting Faculty Talk: Jaris Swidrovich
**Indigenous Methodologies and Methods
in Pain Research**

12:00-2:30 p.m.
Aux Chantignoles

Topic Lunch and Break

2:30-4:00 p.m.
Outaouais 1 /
Outside

Workshop: Entrepreneurship in Science,
Pitching Your Idea
Theodore Price

Tuesday,
June 24th

4:00-4:30 p.m.
Foyer Outaouais

Coffee Break

4:30-5:40 p.m.
Outaouais 1

Student Presentations (#24-30)

6:00-7:30 p.m.
Heritage Terrace

Sugar Shack Dinner

7:30-9:00 p.m.
Heritage

Workshop: Style Over Substance : Giving
Better Talks
Jeffrey Mogil

9:00-10:30 p.m.

Debate Preparation

Wednesday,
June 25th

7:00-7:50 a.m.
Foyer Outaouais

Yoga with Ondine

8:00-9:00 a.m.
Aux Chantignoles

Breakfast

9:00-9:50 a.m.
Outaouais 1

Visiting Faculty Talk: Clifford Woolf
**Dissecting Pain Mechanisms and Translating This
Into Novel Therapies**

9:50-10:10 a.m.
Foyer Outaouais

Coffee Break

10:10-11:50 a.m.
Outaouais 1

Workshop: Before, During and After the Interview:
What Journalists Need from Scientists, and
What Scientists Should Expect in Return
Neil Andrews

12:00-2:30 p.m.
Aux Chantignoles

Lunch and Break

2:30-4:30 p.m.
Quebec/Ontario

Workshop: Pain Testing in Humans
Yenisel Cruz-Almeida

Wednesday,
June 25

4:30-4:45 p.m.
Foyer Quebec

Coffee Break

5:00-6:00 p.m.

Talking Circle

6:00-7:30 p.m.
Terrasse

BBQ Dinner

7:30-9:00 p.m.
Outaouais 1/
Outside

Workshop: Academic Negotiation 101
Rajesh Khanna

9:00-10:30 p.m.

Debate Preparation

Thursday,
June 26th

7:00-7:50 a.m.
Foyer Outaouais

Yoga with Ondine

8:00-9:00 a.m.
Aux Chantignoles

Breakfast

9:00-9:50 a.m.
Outaouais 1

Visiting Faculty Talk: Tor Wager
**Neural Targets for Pain Interventions:
Charting a Path Forward**

9:50-11:20 a.m.
Outaouais 1/
Outside

Workshop: PI as CEO:
Managing Your Research Program
Christine Chambers

12:00-5:00 p.m.
Meet in the lobby

Whitewater Rafting (Lunch Boxes Provided)

6:30-10:00 p.m.
Foyer Outaouais

Cocktails, Banquet, Student Debate and
Graduation Ceremony

10:00 p.m.
Foyer Outaouais

DJ and Dancing

Friday,
June 27th

Early birds
Lobby

Breakfast Boxes

8:00-10:00 a.m.
Aux Chantignoles

Breakfast

Before 12:00 noon
Lobby

Check-out

Shuttle Departures:
(See Shuttle Schedule for Specific Details)

NAPS Science Communicators Program



The NAPS Science Communicators Program is led by Neil Andrews. It is an innovative initiative to help the next generation of pain researchers and clinicians excel at communicating their own research and that of others to diverse audiences. A reimagination and refresh of previous science communications efforts at NAPS, participants in this program will develop a wide range of skills enabling them to convey pain research to expert and general audiences alike.



Neil Andrews, M.A., M.S.

Science Journalist

Executive Editor of the Migraine Science Collaborative



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PARTNERS





North American Pain School

Coordination team

Hélène Beaudry, Ph.D.

naps@iasp-pain.org

Iulia Tufa, B.Sc.

naps@iasp-pain.org

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