

QPRN presents:

NAPS North American
Pain School

An International Educational Initiative

Since 2016

NAPS IX

Program

June 28 – July 3, 2026

Château Montebello
Montebello, QC, Canada

www.northamericanpainschool.com



#NAPainSchool

Vision of NAPS

The North American Pain School (NAPS) brings 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 takes 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 facilitates lectures by both faculties and students as well as intimate breakout conversations and offer an array of recreational opportunities.

Each year brings 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 2026 North American Pain School

Dear Colleagues:

Welcome to the 9th 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 and providing career advice. 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. New this year is an exciting workshop on AI in pain research with our own Tor Wager. Back from last year is the NAPS Science Communicators Program with Neil Andrews, student talks, workshops on presentation skills, academic negotiation, media interviews, lab management 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!

A handwritten signature in black ink, appearing to read 'J. Mogil', with a stylized flourish at the end.

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.



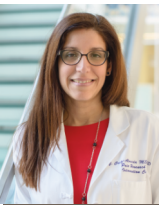
Tor Wager, Ph.D.

Diana L. Taylor Distinguished Professor /
Director of Brain Imaging Center
Department of Psychological and Brain
Sciences, Dartmouth University



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



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

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

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



Sarah Elizabeth Ross, Ph.D.,

- Professor of Neurobiology
- Director, Pittsburgh Center for Pain Research
- University of Pittsburgh School of Medicine



**Andrew Rice, M.D., FRCP, FRCA,
FFPMRCA, FFPMRCAI (Hon), FRSB**

- Professor of Pain Research,
Imperial College London
- President, International Association for the
Study of Pain



Luis Queme Cobar, M.D., Ph.D.

- Assistant Professor,
University of New England
- College of Osteopathic Medicine
- Center for Cell Signaling Research



Tonya Palermo, Ph.D.

- Director, Center for Child Health, Behavioural
and Development, Seattle Children's Hospital
- Professor and Vice Chair for Research,
Anesthesiology and Pain Medicine, Adj. Pediatrics
and Psychiatry, University of Washington
School of Medicine



David Bennett, Ph.D.

- Professor of Neurology and Neurobiology,
University of Oxford



Victoria Abaira, Ph.D.

- Associate Professor, Rutgers University

Patient Partners | People With Lived Experience



Jenna Swidrovich

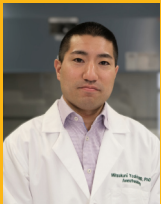
- NAPS Patient Partner representative



Prachi Khanna

- London School of Hygiene and Tropical
Medicine
- Vancouver Coastal Health
- University of British Columbia

NAPSters



Mitsukuni Yoshida

Washington University School of
Medicine in St. Louis, USA
Supervisor: Rajendra Apte

"Old immune cells get fat on cholesterol,
get cranky, and start yettling at your
nerves."



Harrison Stratton

@hstratton.bsky.social
University of Pittsburgh, USA
Supervisor: Sarah Ross

"I am developing a method to identify which nerve cells
make you say "ouch" versus "why is this so itchy?"



Tanya Smit

@tanyasmitphd.bsky.social
The Ohio State University, USA
Supervisor: Jessica Merlin

"We asked oncologists how they manage
opioid use disorder in cancer patients,
and.... it's complicated.."



Erick Josue Rodriguez Palma

@erickjrodriguez.bsky.social
University of Florida, USA
Supervisor: Rajesh Khanna

"I study stress-induced pain in mice... turns out
I'm almost as stressed as they are."



Dianise Rodriguez Garcia

@drgphdstudent.bsky.social
Medical College of Wisconsin, USA
Supervisor: Cheryl Stucky

"Pain can be scarring... and skin cells
contribute to it!"



Luca Posa

@dr-lupo.bsky.social
Weill Cornell Medicine, USA
Supervisor: Joshua Levitz

"Use light to reverse pain"



Jayden O'Brien

@jaydenobrien.bsky.social

University of Texas at Dallas, USA

Supervisor: Ted Price

"I stare at genes until they tell me how neurons misbehave when joints get run down."



Kelly Nguyen

Hospital for Sick Children and
University of Toronto, Canada

Supervisor: Jennifer Stinson

"Sleep More, Ache Less"



Amr Mousa

@a-mousa.bsky.social

Western University, Canada

Supervisor: Rithwik Ramachandran

"I chase a receptor through the knee like it owed me money."



Taylor Judkins

@taylorjudkins.bsky.social

University of Florida, USA

Supervisor: Roger Fillingim

"Determining if menstrual pain is aging us and if diet can convince the uterus to chill."



Shuhei Iwata

University of Minnesota, USA

Supervisor: Laura Stone

"Lower back pain, higher brain drivers."



Harrison James Hansford

@hjansford.bsky.social

UNSW Sydney, Australia

Supervisor: Aidan Cashin

"I tried to identify who is right for spine surgery by emulating the randomised trial we wish we had."



Arlene George

Rutgers, The State University of
New Jersey, USA

Supervisor: Victoria Abraira

"Acute pain is a guest; chronic pain bribed
the striatum and changed the locks."



Adewale Fadaka

@silvernonferous.bsky.social
Cincinnati Children's Hospital, USA

Supervisor: Michael Jankowski

"I bullied stem cells into becoming sensory neurons
and then stressed them out."



Patricia Dionicio

Stanford University, USA

Supervisor: Jennifer Rabbitts

"All Latinos with chronic pain should just
get a full-expense paid spa vacation, they've
had it hard enough as is!"



Eden Daniel

McMaster University, Canada

Supervisor: Lisa Carlesso

"People might think that having knee osteoarthritis
means all movement will hurt, but sometimes it does,
and other times it doesn't, and I'm trying to figure out why!"



Catherine Côté

Université de Montréal, Canada

Supervisor: Gabrielle Pagé

"Bodies that bend, systems that won't."



Hannah Cho

McGill University, Canada

Supervisor: Emerson Krock

"Trying to figure out if your gut bacteria are low-key gaslighting
your immune system into producing antibodies that drive
chronic pain."



Laila Chaudhry

@lailachaud.bsky.social

Stanford University, USA

Supervisor: Cornelius Groenewald

"Olympic Mind Games of Pain Homeostasis is the new Heated Rivalry: Autonomic Outflow turns up the heat, Conditioned Pain Modulation ices the burn."



Guillermo Ceniza Bordallo

Mass. General Hospital, Harvard Medical School, USA

Supervisor: Christine Sieberg

"Exploring how kids' brains and bodies work together to determine when pain heals—and when it lingers."



Michelle Cahill

Stanford University, USA

Supervisor: Vivianne Tawfik

"Of mice and REM: what causes sleep disturbances in chronic pain?"



Leah Biessenberger

University of Minnesota, USA

Supervisor: Jeff Boissoneault

"Pain and self-medication with alcohol: it backfires with interest charged to the nervous system."



Annie Bélanger

Université de Sherbrooke, Canada

Supervisor: Yannick Tousignant-Laflamme

"Can a digital report can turn lots of patient answers into useful insights for clinicians?"



Andrea Aternali

York University, Canada

Supervisor: Joel Katz

"Your brain, trying to cope with an amputation: 'Let's make the phantom limb shorter.' Also your brain: 'here's more anxiety and sadness—would've been weird if I didn't.'"



Rey David Andrade González

Facultad de Estudios Superiores Iztacala, Mexico

Supervisor: Isaac Obed Perez Martinez

"Mice don't have a pokerface, they're in pain and I know it!"

NAPSters (Science Communicators)



Stephanie Voss

Mass General Brigham, USA

Supervisor: Samantha Meints

"Feel the Feels: Yoga's Interoceptive Tune-Up for Pain."



Lydia Rader

@lydiarader.bsky.social

University of Colorado Boulder, USA

Supervisor: Naomi Friedman

"Adolescent pain and substance use : exploring how they are connected, and why."



Batu Kaya

University of Toronto, Canada

Supervisor: Massieh Moayed

"Changing your body changes your pain."



Ynaluak (Nya) Gayluak

The University of Texas at Dallas, USA

Supervisor: Kate Sadler

"Mechanisms of butyrate-induced analgesia in sickle cell disease pain."



Hajira Elahi

@hajisciencebaji.bsky.social

UT MD Anderson Cancer Center, USA

Supervisor: Patrick Dougherty

"Blood to Bench to Bedside: Potential and Pitfalls of iPSC-derived Sensory Neurons."



DAY BY DAY

SUNDAY, JUNE 28th

MONDAY, JUNE 29th

TUESDAY, JUNE 30th

WEDNESDAY, JULY 1st

THURSDAY, JULY 2nd

FRIDAY, JULY 3rd

Sunday,
June 28th

12:00 p.m. Quebec	Early Birds Light lunch
2:00-5:00 p.m. Lobby	Registration and Check-in
5:00-6:00 p.m. Foyer Outaouais	Welcome Cocktail Hour
5:45-6:00 p.m. Outaouais 1	Science Communicators Program Meeting Neil Andrews
6:00-6:30 p.m. Outaouais 1	Opening Remarks - Director's Welcome - Supporters' Welcome Hélène Beaudry (Quebec Pain Research Network) Jeff Krajewski (Eli Lilly and Company) Andrew Rice (International Association for the Study of Pain) - Introduction of Executive Committee - Introduction of Neil Andrews and SciComm - Introduction of Visiting Faculty - Introduction to Yoga with Ondine - Debate Instructions and Teams
6:30-6:50 p.m. Outaouais 1	Patient Partner Intros Jenna Swidrovich and Prachi Khanna
6:50-7:30 p.m. Outaouais 1	Special Lecture: Luis Queme Cobar (NAPS Alum) From NAPS to NOW
7:30-8:30 p.m. Aux Chantignoles	Dinner
8:30-9:30 p.m. Outaouais 1	Icebreaker Games

Monday
June 29th

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
Tor Wager, Jeffrey Mogil, Rajesh Khanna,
Yenisel Cruz-Almeida, Christine Chambers

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: Victoria Abaira
Context is Key: How Spinal Cord
Neuromodulation Shapes Our Somatosensory
Experiences

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 29th

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: Tonya Palermo From Mechanisms to Prevention: A Developmental Path to Closing the Translation Gap in Pain Science
4:40-4:45 p.m. Outaouais 1	Chair Yoga with Ondine
4:45-5:45 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: AI in Academia: Love at First Byte? Tor Wager
9:15-11:00 p.m. Meet in the lobby	Bonfire

Tuesday,
June 30th

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

Jenna Swidrovich and Prachi Khanna

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: David Bennett

Human Pain Channelopathies

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

Topic Lunch and Break

2:30-4:00 p.m.
Outside

Workshop: Academic Negotiation 101

Rajesh Khanna

Tuesday,
June 30th

4:00-4:25 p.m. Foyer Outaouais	Coffee Break
4:25-4:40 p.m. Outaouais 1	Chair Yoga with Ondine
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 (or Science Communication)

Wednesday,
July 1st

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: Sarah Ross
Pain - A New Perspective

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,
July 1st

4:30-4:50 p.m.
Foyer Quebec

Coffee Break

5:00-6:00 p.m.
Outside

Talking Circle
Daniel Richer

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

BBQ Dinner

7:30-10:30 p.m.

Debate Preparation
(or Science Communication)

Thursday,
July 2nd

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: Andrew Rice
Enhancing Trust in Pain Research

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,
July 3rd

6:00-6:30 Early Birds Breakfast Boxes
Lobby

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

Before 12:00 noon Check-out
Lobby

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 reimagining 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



Sponsors and partners

Thanks you to all of our 2026 sponsors and supporters. It is a great pleasure to have Jeffrey Krajewski (Eli Lilly and Company), H el ene Beaudry (Quebec Pain Research Network), Christina Spellman (the Mayday Fund) and Andrew Rice (International Association for the Study of Pain) at NAPS 2026.

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PARTNERS





North American Pain School

Coordination team

Hélène Beaudry, Ph.D.
naps@qprn.ca

Iulia Tufa, B.Sc.
naps@qprn.ca

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