



March 29, 2016

Palmer MacKie, MD  
Director, Eskenazi Health  
Integrative Pain Program

Palmer is a distinguished clinical educator in the Departments of Medicine and Neurology at Indiana University School of Medicine. He has served as the Associate Program Director for the Internal Medicine Residency and developed a large body of core curricular content for the training program. He was PI for a CAM education grant proposal. This grant helped fund two large CAM CME programs. It also enabled the creation of an elective for Medicine and Medicine-Pediatric residents. The curricula included self-study, didactics, workshops, and clinical exposures within my clinical venue and local CAM practitioners. The exposure balanced evidence based teaching with some real applications and personal exposures (e.g., Chinese Medicine, Ayurvedic Medicine, herbal supplements, hypnosis, yoga, chiropractic and homeopathy). Palmer has done training in medical acupuncture and clinical hypnosis.

For the more than a decade his clinical and educational focus has been in chronic pain and recovery. The Integrative Pain Program is a multi-disciplinary participation based pain management venue. Our IPP team has developed and implemented healthful curricula for those we serve. This includes a 5-week Pain School where those with chronic pain are exposed to and practice such modalities as relaxation response, cognitive-behavioral therapy, martial arts, yoga, nutritional medicine, graduated exercise, guided imagery, mindfulness and knowledge critical to making healthier choices. Our objective is to integrate healthy practices that enable our patients to reduce the impact pain has on their lives and to better achieve their goals.

While not at work Palmer enjoys Tae Kwon Do, cooking, flyfishing and hanging out with his twin sons.



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Cristina Coner  
Nurse Practitioner  
Eskenazi Health Integrative Pain Program

Cristina Coner began her clinical career 27 years ago as a women's health nurse practitioner and continued that work for 17 years. Cristy earned a master's in nursing. She transitioned from women's health to chronic pain management and is currently pursuing credentials for chronic pain management and recovery. Before joining the Integrative Pain Program (IPP), she worked in the office of a private pain management physician. There she learned medication management and a variety of injection techniques.

She has put those skills to work at the IPP, but with a new philosophy. The main focus is to empower those impacted by chronic pain by educating and offering tools to self-manage their pain. These tools develop the mind and body. Her time with the IPP has made her a true believer in the integrative approach. She participates in the Pain School curriculum leading sessions on medications, sleep, and exercise. Cristy continues to provide injections and additionally, see people for evaluation and follow-up appointments. She is proud to be part of the IPP team; a tight knit group that continually collaborates to improve the program and the lives of those the program serves.



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Cathy Scott, ACSW LCSW  
Behavioral Health Counselor  
Eskenazi Health Integrative Pain Program

Cathy has almost 30 years of counseling experience with a wide variety of people and problems. For the past 16 years, she has focused on empowering those with chronic pain by addressing their depression, anxiety, PTSD, and other major mental and personality disorders that impact coping with their chronic pain. Together, we address the brokenness in mind, body and spirit and focus on strengths that persons with pain can access to move forward in their lives, all while living with chronic pain.

In addition to counseling, Cathy employs a variety of relaxation techniques, creative and guided imagery, mindfulness meditation and clinical hypnosis in her practice. Cathy is a Licensed Clinical Social Worker, a licensed attorney in the State of Indiana, and an ordained Deacon in the Episcopal Church.