

Caring for Refugees and Survivors of Torture: Integrative Medicine, The Mind- Body Connection, and Internal Energy Arts

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Integrative Medicine and Medical Acupuncture

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Torture

- Body to Mind to Spirit
- Spirit to Mind to Body
- NONE VERBAL - FEEL EXPERIENCE

The Influence of Culture

Non-verbal Signs



(Piwowarczyk)

Vicarious Traumatization and Compassion Fatigue

- Generalized anxiety
- Numbing
- Overwhelmed
- Poor coping
- Anger
- Intrusive thoughts
- Loss of sense of safety
- Loss of trust
- Loss of connection with others
- Despair
- Nightmares
- Irrational fears
- Addictions
- Sleep disturbances
- Dissociative reactions
- Intrusive images
- Cynicism
- Disillusionment
- Incapacity for intimacy
- Poor self-esteem
- Loss of sense of control

Goals of Trauma Treatment

- Self-integration
- Increase safety and stability
- Reduce levels of hyperarousal
- Reestablish normal stress response
- Decrease numbing/avoidance strategies
- Face rather than avoid trauma, process emotions, integrate traumatic memories
- Foster recovery of comorbid problems
- Reengage in life/reconnect with others

Treatment Options

Specific interventions

- Primary medical care
- Psychotherapy
- Social services
- Medications
- Spiritual resources
- Physical therapy / Body work
- Internal energy arts

Complementary and Alternative Medicine (CAM)

“A group of diverse medical and healthcare systems, practices, and products that are not presently considered to be part of conventional medicine” (NIH National Center for Complementary and Alternative Medicine)

Integrative Medicine

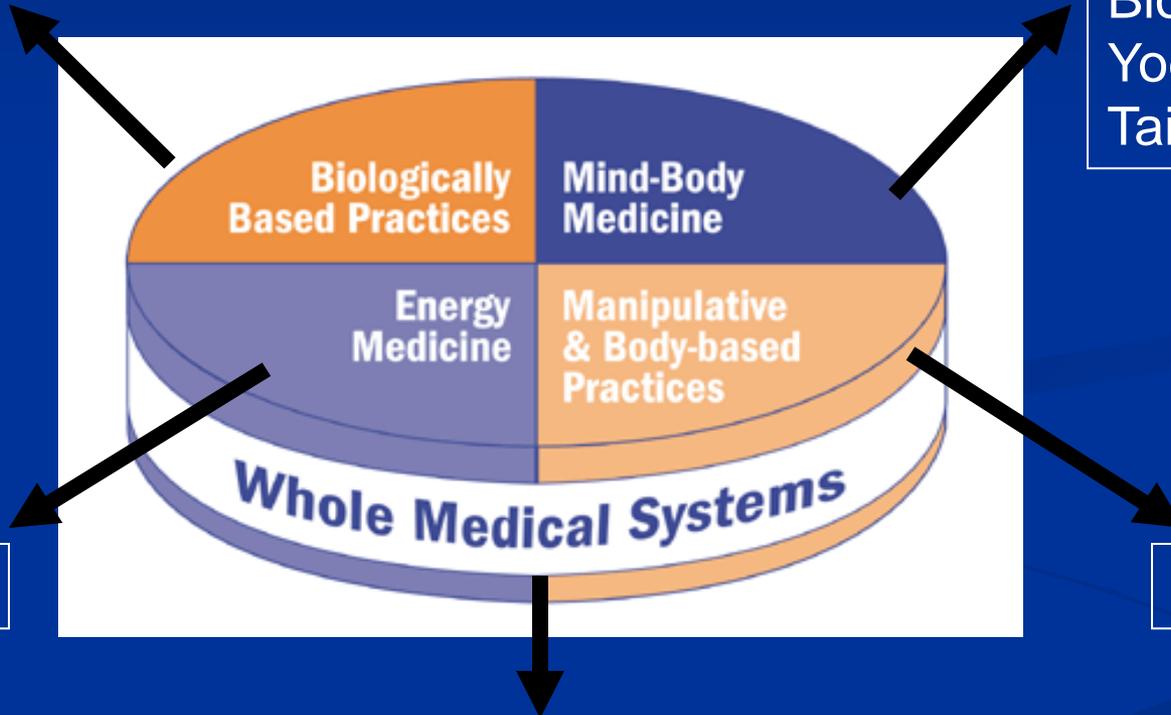
- “Integrative medicine is the practice of medicine that reaffirms the importance of relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches to achieve optimal health and healing.”

(Consortium of Academic Health Centers in Integrative Medicine)

Complementary and Alternative Medicine

Herbs
Supplements

Hypnosis
Meditation
Art Therapy
Biofeedback
Yoga
Tai Chi



Qi Gong

Massage

Traditional African Medicines,
Traditional Chinese Medicines, Ayurveda,
and Native American Healing

Traditional African Medicine

- Belief in the supernatural as cause of illness
- Divination as diagnostic procedure
- Ritualized use of plant and animal-derived substances in treatment
 - Ritual as enhanced placebo effect

(Okpako D, Trends in Pharm Sciences 1999)

National Health Interview Survey 2002 Alternative Medicine Use

- 31,044 adults
- Nationally representative

 36% used CAM in previous year
50% if prayer for health included

Figure 4. 10 Most Common CAM Therapies

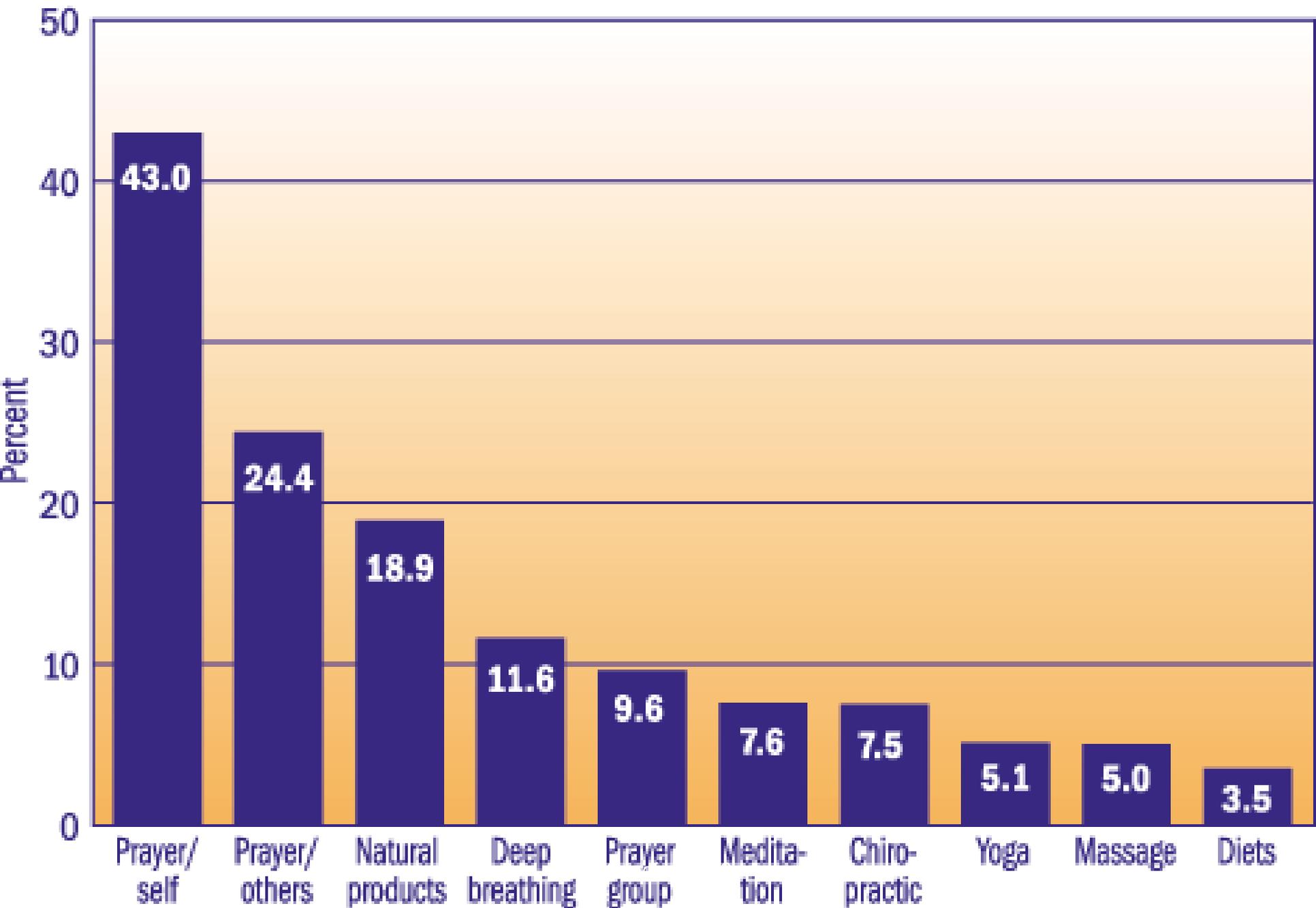
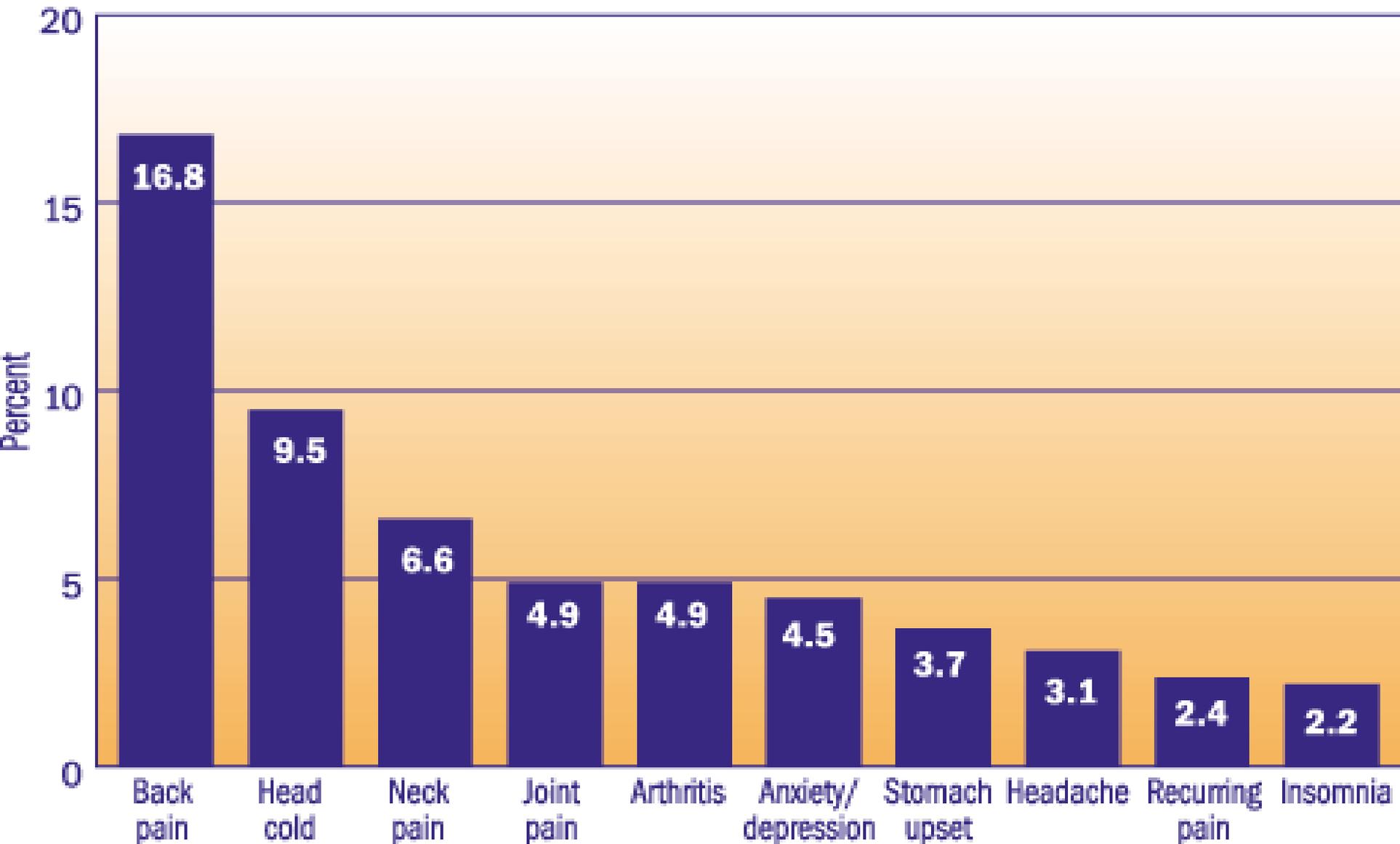


Figure 6. Disease/Condition for Which CAM Is Most Frequently Used*

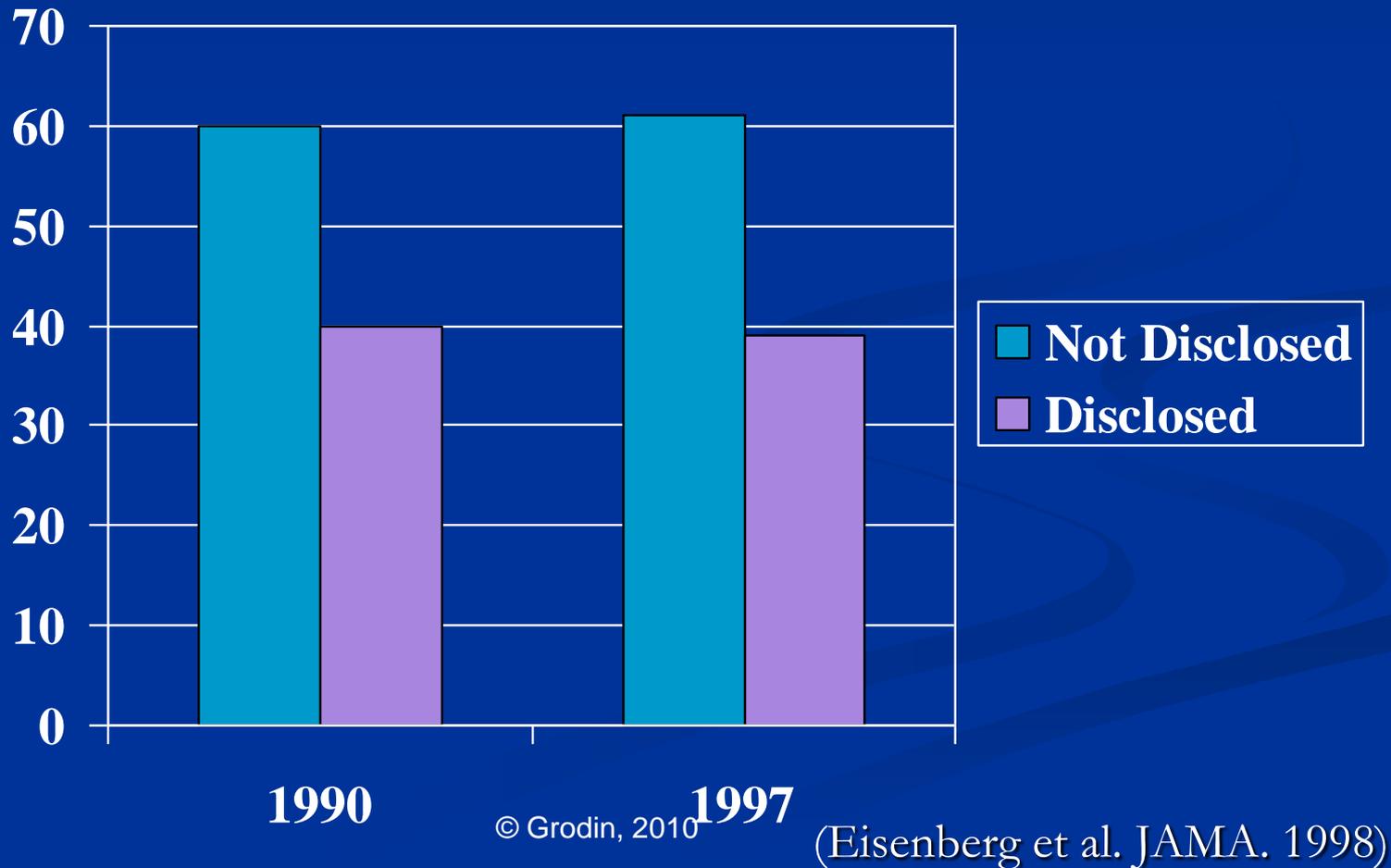


*These figures exclude the use of megavitamin therapy and prayer.

CAM Use in Racial and Ethnic Minority Adults: 2002 NHIS

- Hispanics (27%)
 - More likely to choose CAM because conventional med too expensive
- Non-Hispanic blacks (26%)
- < non-Hispanic whites (35%)
- Higher prevalence if prayer for health included

CAM Disclosure Rates to Medical Doctors



Taking a CAM History

- “What healing methods, medications, vitamins, herbs, or teas do you use?” *and* “Why?”

(Safer 2005)

Breathing Exercises

- Precursor to many martial arts and healing arts, including Qigong and T'ai chi
- Hindi yogis developed breath science known as pranayama



Background

- Purpose: force old and stagnate chi out of body
- Massage internal muscles to improve circulation
- Practiced for spiritual, psychological, emotional, and physical benefits

Technique

- Movement of arms and legs in rhythm with deep inhalations and exhalations
- Each exercise has different goal
 - expanded lung capacity, calmative effect, etc
- Common breathing steps
 - Focus on the breath
 - Relax the belly
 - Let the stomach fill with air on inhale and become completely empty on exhale

Physical and Mental Effects

- Enhance autonomic nervous system
- Lowers blood pressure
- Greater mind control and calmness
- Increased perception and intuition
- Inner harmony and peace
- Deeper understanding of the spiritual realm
- Improves overall autonomic functions
- Decreases asthmas symptoms
- May extend life and enhance perception

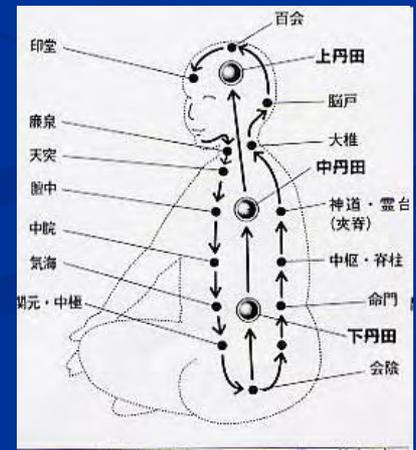
Qi Gong

- “qi” = air, body energy, life force
- “gong” = work or skill level for a discipline
- “qigong” = breath work / energy work

- Reasons for practicing qigong:
 - Health maintenance
 - Therapeutic benefits
 - Spiritual facet

Medical Benefits

- Recognized in 1989 as a standard medical technique in Chinese hospitals
- Regularly practiced as a health maintenance technique
 - Improves range of motion, joint flexibility
 - Mental calmness attained
 - Relieves stress





立春正月节坐功图



雨水正月中坐功图



惊蛰二月节坐功图



春分二月中坐功图



清明三月节坐功图



谷雨三月中坐功图



立夏四月节坐功图



小满四月中坐功图



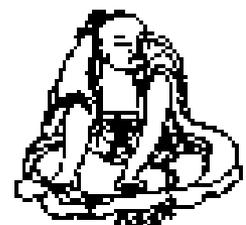
芒种五月节坐功图



夏至五月中坐功图



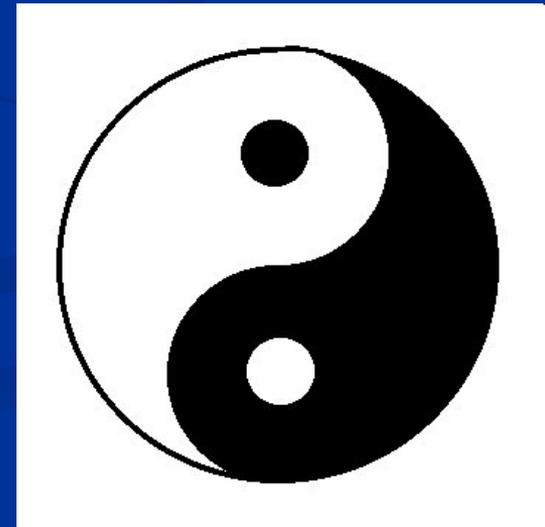
小暑六月节坐功图



大暑六月中坐功图

Tai Chi

- Soft style martial art
- Emphasizes internal power
- Uses leverage through the joints based on coordination in relaxation to neutralize or initiate attacks (rather than muscle tension)



Health Benefits

- Promotes control, flexibility, and balance
- Evokes state of mental clarity and calmness
- Stress and anxiety management
- Reported CVR benefits: \uparrow peak VO_2 , \uparrow ventilatory capacity, \downarrow BP/SVR, \downarrow sympathetic tone, \uparrow HR variability
- Decreased State-Trait Anxiety (Tsai et al J Alt Comp Med 2003)
- May affect catecholamines, cortisol, autonomic tone, psychosocial function
- May also help cardiovascular diseases, diabetes, ADHD, Alzheimer's, Parkinson's, arthritis
- Effective as alternative exercise



Meditation

- Concentration Meditation: mainly used in spiritual practices
 - Attention on single object and minimal distractions
- Mindfulness: focus on process or object
 - Breath, mantra, visual, stimulations
 - Open focus
- Contemplation Tantric Visualization
- Field and Object Shifts

Tibetan Monks

- Flashbacks
- Refocus
- Breath

Health Applications

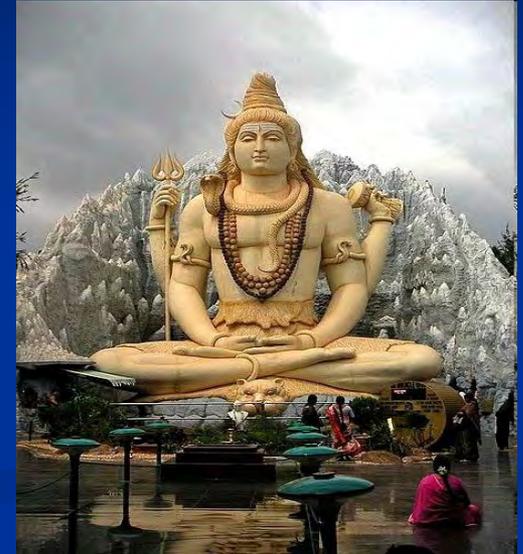
- Stress and pain reduction
- Cardiovascular and respiratory effects



Yoga

Goals:

- Achieve Moksha
 - Liberation from suffering and cycle of life
- Harmony between mind and body
- Attain knowledge of the true nature of reality
- Reach Nirvana
 - Cessation of thought
- Yoga postures (*asanas*) and breathing techniques (*pranayama*) appear to be increasingly popular in the U.S.



Physical Benefits

- Increases flexibility
- Lubricates joints and tendons
- Massages all organs of the body



Hypnosis

Medical Applications:

- Say Goodbye
- Treatment for irritable bowel syndrome
- Reduce pain, especially related to childbirth, burn-wounds
- Treating skin disease (hypnodermatology)
- Alternative to chemical anesthesia



EMDR: Eye Movement Desensitization and Reprocessing

Technique:

- Uses bilateral stimulation of the brain via eye movement, sound, or visual stimulation with body sensation
- Follows 8 step structure
- Patient focuses on disturbing memory for brief periods (30 sec) while simultaneously performing dual stimulus (eye movement, hand clapping, etc)
- Associated information from the previous set becomes the focus for the next set
- Alteration between dual stimulation and personal association repeated many times during the session



Traditional Chinese Medicines (TCM)

Background:

- TCM includes acupuncture, herbal medicines, dietary therapy, Tui na, and Shiatsu massage
- Theory divided body by function within the meridian system, not as distinct parts



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Herbal Medicines

- Ginkgo
- Kava
- Passionflower
- Valerian
- St. John's Wort

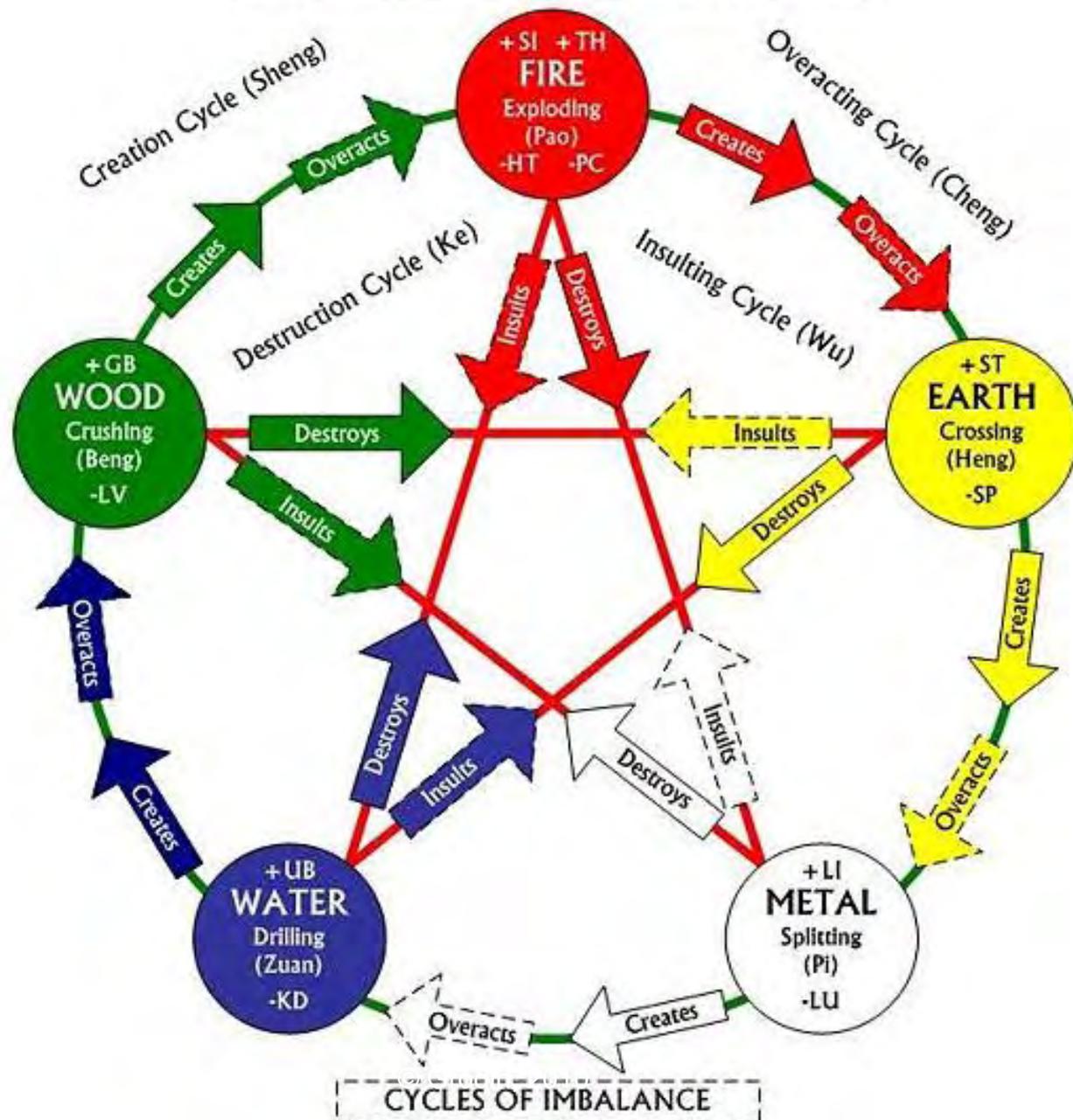


TCM Benefits

- Proven success in certain chronic conditions such as migraines and osteoarthritis
- Also effective for treating routine ailments such as flu, allergies, and colds
- Avoids potential side effects of pharmaceuticals
- Less expensive than Western treatment equivalents

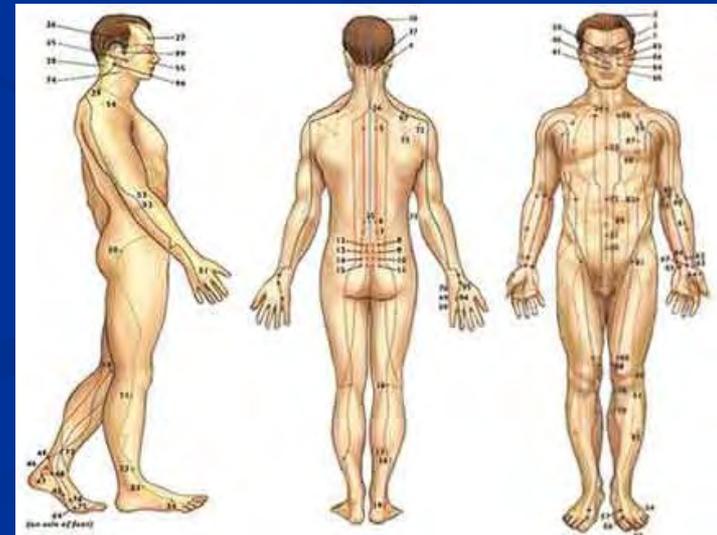
FIVE ELEMENTS

CYCLES OF GENERATION AND CONTROL



Acupuncture

- The insertion of fine needles into points along Meridians (energetic lines along the body)
- Emphasize whole body health
 - We look for the reason why the body does not heal itself
 - How all organs and body tissues communicate and contribute to the whole medical picture
- Moving Qi and unblocking stagnation (areas of stasis)
 - Moving arterial blood and supply of O₂
 - Lymphatic drainage and vein drainage to reduce toxins, Co₂ and other harmful accumulations



Utilization of Acupuncture

- Any kind of pain
- Anxiety, stress, depression
- Any kind of GYN problem
- Gastrointestinal problems
- Pediatric care
- Post surgical care
- General health



Practice



- Individualized – context driven
- Evaluation – Inspection, Auscultation, Inquiring, Palpation
- Tongue, pulse, tender points
- ~1 hour session, seen 1-2x week
- Total number of sessions variable
- Needles inserted and left for 10-30 minutes
- 2/3 patients – musculoskeletal complaints, headaches. Most other – fatigue, anxiety, depression

Acupressure

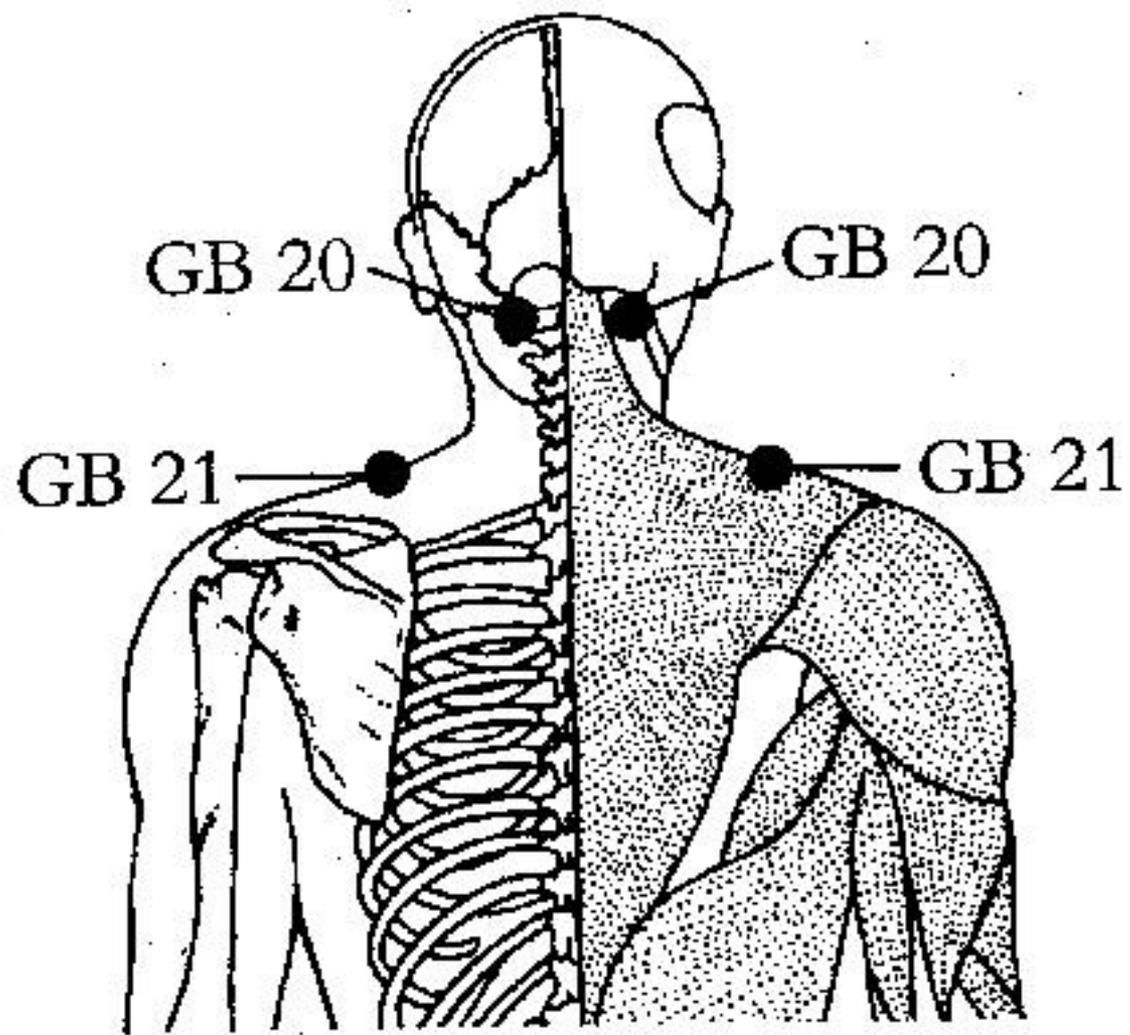
Technique:

- Stimulation of the meridian system at specific points will rebalance yin, yang, and qi, thereby stimulating body's natural healing processes
- Stimulation of Acupoints results in muscle relaxation, increased blood flow, and flow of qi
- Physical pressure is applied to acupuncture points by hand, elbow, or other device



Physical Effects

- Pain reliever
- Balancing of the body
- Reduces tension
- Increases circulation
- Deep relaxation
- Strengthens resistance to disease
- Overall promotion of good health

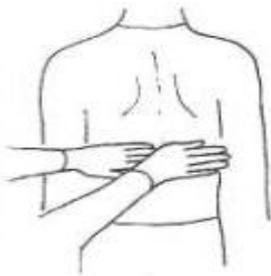
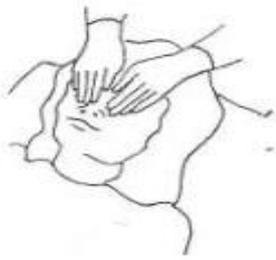


Other Techniques



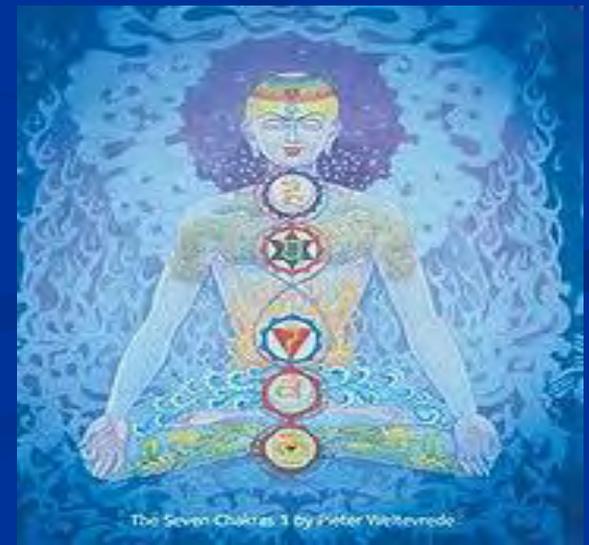
Reiki Practice

- Whole Body Treatment
 - Practitioner places hands in various areas on recipient's body or may use a non-touching technique
 - Usually used for chronic conditions
- Localized Treatment
 - Practitioner's hands held in a specific area of the body
 - Used for injuries or certain ailments



Ayurveda

- Native form of traditional medicine in India
- Preaches that balance of vata (water/air/spirit), phlegm, and bile is vital and represent divine forces
- Elimination of toxins in the body is performed using surgery, internal medicine, demonic possession, toxicology, prevention, and aphrodisiacs
- Combines techniques of massage, yoga, and herbal remedies



Therapeutic Touch (TT)

- Energy therapy that promotes healing, while relieving pain and anxiety
- Developed in the 1970s
- TT healers place hands on or near patients and manipulate putative energy fields
- Founder claims that patient heals himself; healer acts as human energy support system under patient's immune system is strong enough to act independently

Cranial Osteopathy

- Developed by Dr. William Sutherland
 - Observed that plates of cranium do permit microscopic movements
- Based on belief in primary respiratory mechanism
 - Rhythm felt with developed sense of touch
- Improving rhythm increases CSF flow to peripheral nerves → increased metabolic outflow and nutritional inflow
- Used mainly on babies and children





Aromatherapy



- Utilizes Essential Oils (distilled plant volatiles) and other natural aromatic compounds derived from plants to change a person's mood and health
- Modern applications initially discovered in 1920s
- Often used in conjunction with other medical or spiritual practices
- Common uses include massage oils and topical ointments

Homeopathy

- Ill person can be treated using substances that produce similar symptoms in healthy individuals
- Serial dilutions used to remove toxins in agent yet retain beneficial aspects
- Shaken after each dilution to increase energy force within the medicine



Naturopathy



- Focus on body's natural ability to heal itself
- Uses natural remedies rather than synthetic drugs or surgery
- Encompasses a variety of techniques including acupuncture, botanical remedies, nutrition, exposure to natural elements, psychological counseling

Diet and Nutrition

- Essential Fatty Acids (omega-3 and omega-6)
 - Not produced naturally in the body; must be consumed in the diet
 - Balance important for cardiovascular health
- SAMe, Folate, and Vitamin B12
- 5-Hydroxytryptophan (5-HTP)
 - Precursor to Serotonin
 - Used as antidepressant



Biofeedback

- Raising patient's awareness of usually autonomic physiological activities, such as heart rate, blood pressure, skin temperature, and muscle tension
- Theory: Awareness of these processes gives patient more control over regulation
- First practiced in 1960s
- Popular treatment for ADHD, incontinence, and hypertension

Spiritual Healing

- Employs prayer, mental practices, and spiritual insight to prevent or cure disease and improve health
- Some faith healers claim the ability to summon divine intervention on behalf of the sick
- Practiced among certain sects of Christianity and Islam



Spiritual Psychotherapy

- Recognizes the difference between ego and self, but the connection between individuals and environment
- Recognizes the spiritual domain and attempts to bring patients closer to spiritual realization
- Symptoms seen as self-imposed due to a false belief system, restricting unlimited divine potentiality, rather than physical or personality problems

The Hakomi Method: Body-Centered Psychotherapies

- Originated in mid-1970s
- Method for discovering connections between mind/body patterns and core belief system as currently experienced
- Attempts to modify core beliefs by acknowledging negative attributes and modifying as necessary

Creative Arts

- Dance and Drama
- Humor and Clowning
- Music
- Language Arts and Creative Writing
- Visual Arts

The Power of Music

- Singing
- Instruments
- Musical Material

Meditation

The Singing Bowl



<http://www.mindfulnessdc.org/mindfulclock.html>

The Journey to Enlightenment

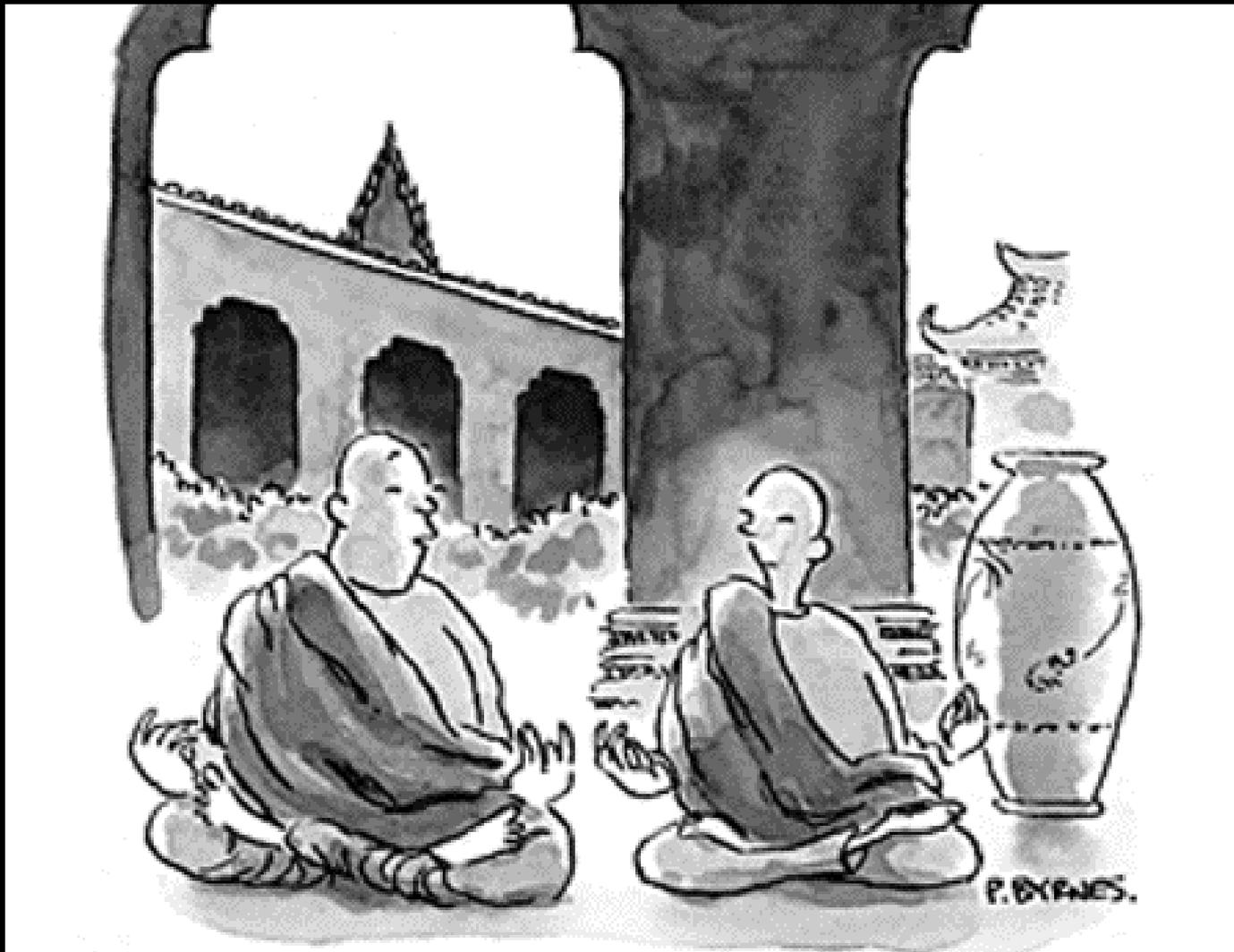


“Are we there yet?”

Cartoonbank.com



“I am so past enlightenment”



“Are you not thinking what I’m not thinking?”

© Cartoonbank.com



"Nothing happens next. This is it."



“My mind is especially empty today.”



“You do the Hokey Pokey and you turn yourself around – that’s what it’s all about”



“You can't handle the meaning of life.”

