


**Introduction to Mind-Body Medicine**  
 Strategies for Provider & Client Self-Care

*Wellness Begins with Self-Awareness*

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**Bring Your Focus to the Present Moment**

- Close your eyes/soften your gaze.
- Shift your awareness to your heart center.
- Start breathing down to your diaphragm (breathe in 5, breathe out 5), visualizing the air flowing in and out of your heart.
- Focus on a positive feeling/experience and visualize that feeling flowing in and out of your heart.

HeartMath Quick Coherence Technique - <http://www.heartmath.com/personal-use/quick-coherence-technique.html>




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**Movement-Based Breathing Activity**



Yoga Calm - [www.yogacalm.org](http://www.yogacalm.org)      Volcano Breath




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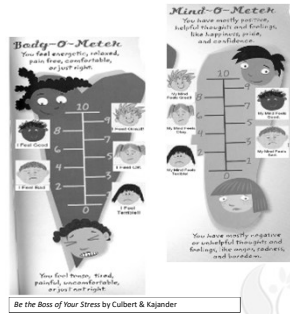
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## Introductions

- Group Background:
  - Check-in: How are you?
  - Settings currently working in?
  - Current self-care practice integrating mindfulness, meditation, yoga, exercise, etc?




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## OT Work History

- 2006-'07: Acute rehab, SNF, Home Health and Early Intervention/K-12
- 2008-'11: Evergreen SD, primarily K-5<sup>th</sup> and some middle school
  - 60% and 62 % of the students on free and reduced lunch program
  - 2010: Certified in Neurofeedback
- 2011-'13: Central City Concern Old Town Clinic
  - 2013: Certified in Mind-Body Medicine
- 2013-'16: VA HUD-VASH Program
- 2016-'17: Alternative school programs – Arata Creek, Heron Creek
- 2017-Present: Inpatient Psych – Unity Center for Behavioral Health

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## What is Mind-Body Medicine?

“Mind-body techniques *strengthen the communication between your mind and your body*. Complementary and alternative medicine practitioners say these two systems must be in harmony for you to stay healthy. Examples of mind-body connection techniques include meditation, prayer, and relaxation and art therapies.”



Mayo Clinic - <http://www.mayoclinic.org/healthy-living/consumer-health/in-depth/alternative-medicine/art-20045267>

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### Mind-Body Skills Group Model

- Skills Development for Self-Care – Educational/Experiential
- Safe Place, Rules:
  - Confidentiality, No advice giving/analysis, Respect/one person speaking, "I pass" – no pressure to speak
- Learning from Each Other
- Facilitator is a Participant
- Structure:
  - Opening Meditation, Check-in, Explanation/discussion of mind-body technique and experiential, Feedback, Closing meditation
- Balance of Structure and Flexibility
- Focus is Staying in the Moment




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### Common Mind-Body Modalities

- Yoga
- Meditation – expressive, concentrative, mindful
- Guided Imagery
- Self Awareness/Expression (i.e. eating, writing, walking, art, dance)
- Autogenics
- Biofeedback




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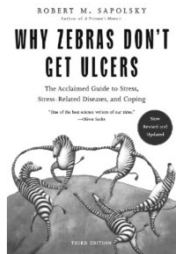
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### Mind-Body Connection

- MBM helps us better understand our physiology and the effects of chronic stress
- Examples of medical issues related to stress and thought patterns:
  - Ulcers
  - Tension headaches
  - Irritable Bowel Syndrome
  - Hypertension




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## What is Biofeedback?

When you use information from an outside source to change something about your physiological/cognitive/emotional functioning. The source may be a computer, smart phone, etc. or part of you (i.e. using your hand to take your pulse or observe diaphragmatic breathing).

This experience is hopefully empowering for individuals so they understand they have more control over their physiology than they previously believed.




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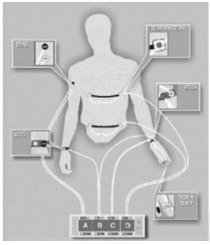
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## Different Forms of Biofeedback

- Thermal
- Heart Rate Variability
- Electrodermal Response/Galvanic Skin Response
- EEG Biofeedback/Neurofeedback
- Pelvic Muscle Dysfunction (treating incontinence)
- Electromyography (EMG)
- Respiration
- Many more...




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## What Conditions Respond to Biofeedback?

<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• ADHD</li> <li>• Arthritis</li> <li>• Asthma</li> <li>• Autism</li> <li>• Bell's Palsy</li> <li>• Cerebral Palsy</li> <li>• Chronic Obstructive Pulmonary Disease (COPD)</li> <li>• Chronic Fatigue Syndrome</li> <li>• Chronic Pain</li> <li>• Coronary Artery Disease</li> <li>• Depression</li> </ul>	<ul style="list-style-type: none"> <li>• Epilepsy</li> <li>• Headache/Migraines</li> <li>• Hypertension</li> <li>• Incontinence</li> <li>• Insomnia</li> <li>• Irritable Bowel Syndrome (IBS)</li> <li>• Motion sickness</li> <li>• Posttraumatic Stress Disorder (PTSD)</li> <li>• Raynaud's Disease</li> <li>• Substance Abuse</li> <li>• Temporomandibular Disorder (TMJ)</li> <li>• Traumatic Brain Injury</li> </ul>
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Evidence-Based Practice in Biofeedback and Neurofeedback 2008, C. Yucha & D. Montgomery

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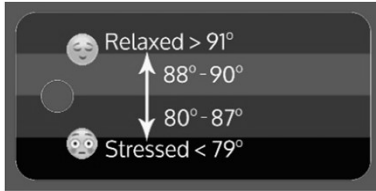
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**A1** Author, 9/19/2018

## Thermal biofeedback

When the sympathetic nervous system is activated, the blood in our body rushes to our large muscles leaving the surface of our skin cooler (especially our hands since they are so far from the heart).




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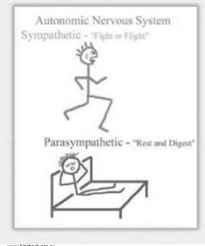
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## Autonomic Nervous System Functions

- Sympathetic – “Gas”
- Parasympathetic – “Break”
- Reverse Sympathetic Activation and Improve:
  - Digestion
  - Immune System




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## Autogenic Training

- Relaxation technique developed by Johannes Heinrich Schultz; first published on 1932.
- Designed to influence the Autonomic NS, specifically influencing:
  - Muscular Relaxation
  - Vascular Dilation
  - Stabilization of Heart Function
  - Regulation of Breathing
  - Regulation of Visceral Organs
  - Regulation of Blood Flow in the Head

Linden W. Autogenic training: a narrative and quantitative review of clinical outcome. *Biofeedback and Self Regulation* 1994; 19(3):227-264.

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## Autogenic Training Experiential

- Sit or lie in a comfortable position, preferably in a position where the limbs do not touch any other part of the body.
- Take a few slow, abdominal breaths before beginning the phrases.
- Imagine the sensations described in each phrase happening in your body as completely as possible.
- Repeat the following phrases to yourself 3-6 times. If you prefer, you can use the phrase "I am relaxed" instead of "I am at peace".
  - My arms are heavy and warm [pause] I am at peace [pause]
  - My legs are heavy and warm [pause] I am at peace [pause]
  - My heartbeat is calm and strong [pause] I am at peace [pause]
  - My abdomen radiates warmth [pause] I am at peace [pause]
  - My breathing is calm and relaxed [pause] I am at peace [pause]
  - My forehead is pleasantly cool [pause] I am at peace [pause]
- Visualize yourself being healthy, strong, and happy. Remain in a deeply relaxed state as long as you like...bringing yourself back slowly by letting your breathing deepen and moving your limbs gently until you are alert. When you are ready, check your stress card color/hand temperature.




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## Feedback on the Experience




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## Provider Burnout: Literature Review Themes

- Unsustainable Caseloads
- Providers Unlikely to Seek Medical Care
- Feelings of Isolation
- Difficulty Balancing Work/Life Demands
- Stigma of Seeking Mental Health Care
- Increased Demands from Institutions:
  - Electronic Record Requirements
  - Decreased Time of Visit
  - Conflict Between Needs of Organization and Patient

Wallace, JE, Lemaire, JB, & Ghali, WA, Physician wellness: a missing quality indicator, Lancet 2009; 374:1714-21




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### Recent Publications on Burnout, Suicide

- Burnout prevalence in PA students - [https://journals.lww.com/jaapa/Citation/2016/10000/Burnout\\_prevalence\\_in\\_PA\\_students.46.aspx](https://journals.lww.com/jaapa/Citation/2016/10000/Burnout_prevalence_in_PA_students.46.aspx)
- Healthcare worker suicide article – 5/31/18, <http://thehill.com/opinion/healthcare/389999-american-health-care-workers-are-committing-suicide-in-unprecedented>




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### Social Isolation and Health

“Intimacy is healing. Study after study have shown that people who feel lonely, depressed, and isolated are *three to 10 times more likely to get sick and die prematurely* than those who have strong experiences and networks of connection and community.” Dr. Dean Ornish,

[http://www.huffingtonpost.com/dr-dean-ornish/social-networks\\_b\\_2056577.html](http://www.huffingtonpost.com/dr-dean-ornish/social-networks_b_2056577.html)




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### Research Themes on Social Isolation

- Isolation Increases Mortality
- With or Without Reporting Loneliness
- Considering of Preexisting Health Conditions
- Importance of Having a Partner and/or Religious Community




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### Social Isolation Research

- Social isolation and all-cause mortality: a population-based cohort study in Denmark, Nature, March 2018, <https://www.nature.com/articles/s41598-018-22963-w#>
- Loneliness and Social Isolation as Risk Factors for Mortality - A Meta-Analytic Review, Perspectives on Psychological Science 2015, Vol. 10(2) 227 –237, <http://journals.sagepub.com/doi/full/10.1177/1745691614568352#> 116
- Steptoe, A., Shankar, A., Demakakos, P., Wardle, J. Social isolation, loneliness, and all-cause mortality in older men and women. Proc Natl Acad Sci U S A. 2013 Apr;110(15):5797-801. doi: 10.1073/pnas.1219686110. Epub 2013 Mar 25.



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### Groups in Primary Care

- Drop In Group Medical Appointment Model
  - Program in NC working with low-income individuals decreased hospital visits by 50% and improved functional scores in over two thirds, May/June 2017 Annals of Family Medicine, <http://www.annfammed.org/content/15/3/279.full>.
- Central City Concern Old Town Clinic Groups
  - Condition/Medication Specific: Long Acting Opiates, Addiction, Diabetes
  - Required Attendance and Drop-in
  - Components of Mind-Body Medicine Group Model



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### Drop-in Groups at Old Town Clinic

- Move (exercise) – Tai Chi, yoga, ergonomics/body mechanics
- Eat (nutrition) – Healthy snacks, cooking classes, grocery shopping outings
- Relax – Aromatherapy, guided imagery, meditation, biofeedback
- Enjoy – Arts & crafts, gardening, games
- Connect (community) – Volunteering, peer networking, exploring nature



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### Outcomes January 2012 – July 2012 for Long Acting Opiate Group Participants

- There was a 1% increase in the Quality of Life Scale.
- 94% of clients reported utilizing complementary/alternative strategies to manage pain.
- 86% of clients reported health-related lifestyle changes.



Quality of Life Scale – Burckhardt, CS

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### Resources

- Thermal biofeedback keychain cards:
  - <http://bio-medical.com/products/bio-medical-com-stress-test-key-chain-20-pack.html>
  - <https://www.duracard.com/products/plastic-key-tags>
  - <https://www.amazon.com/Stress-Squares-SHEET-972-sheet/dp/B002IGFZ7W>
- Local Trainings in Mind-Body Medicine & Biofeedback: <http://www.oregonmindbody.com/>
- Mind-Body Medicine Training/Certification: <https://cmbm.org/>
- Autogenic Training Recording: <http://www.oregonmindbody.com/resources/> - under the "Guided Meditations" section

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### Further Reading

- Gordon, J. (2008), *Unstuck: Your guide to the seven-stage journey out of depression*. New York: Penguin.
- Levine, P. (1997), *Waking the Tiger: Healing Trauma*. Berkeley: North Atlantic.
- Sapolsky, R. (2004), *Why Zebras Don't Get Ulcers*. New York: Holt.
- van der Kolk, B. (2015), *The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma*. New York: Penguin.

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Questions or Comments?

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