

The Body Has A Mind

A Survey of Alternative/Integrative Medical Practices

Seminar Outline

- 10 weeks
- Week one – overview by moderator, self-introductions by participants
- Weeks two through nine – focus on one alternative medical practice each week
 - Guest speaker presents their field (hour one)
 - Second hour – two participants review scientific research, potential benefits, potential risks
- Week ten – whole group summary/review

Practices to be explored:

Acupuncture, herbal medicines, homeopathy, hypnosis, massage, mindfulness meditation, yoga, Reiki, or craniosacral therapy

Additional practices that potentially could be explored:

Ayurvedic medicine, Tai Chi and Chi Gong, healing touch, biofeedback

Resources

1. A Doctor's Guide to Alternative Medicine, Mel Borins, MD (paperback, highly recommended)
2. National Center for Complementary and Integrative Health (www.nccih.nih.gov)
3. Mayo Clinic Integrative Medicine and Health
4. Cochrane Reviews related to Complementary and Alternative Medicine
5. Pub Med Central PMC-NCBI. (<https://www.ncbi.nlm.nih.gov>)