

# *How Integrative Medicine Tools Help Reduce Stress*



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## HealthCare

The Power of Advanced Medicine

# *Faculty Disclosure*

- No financial disclosures

# *Educational Need/Practice Gap*

- In traditional family medicine, the focus is primarily on diagnosing and treating symptoms, often relying on pharmaceuticals or procedures to manage acute and chronic conditions. However, family medicine with the use of integrative medicine broadens this approach by incorporating complementary therapies such as acupuncture, massage, and mindfulness practices. This holistic model not only addresses physical symptoms, but also supports the mental, emotional, and spiritual well being of patients.

# Objectives

Upon completion of this educational activity you will be able to;

**Understand the Role of Integrative Medicine in Stress Reduction:** Participants will be able to describe how integrative medicine approaches, such as art therapy, massage therapy, and narrative medicine, can help reduce stress and improve overall well-being.

**Explore the Benefits of Art Therapy for Stress Management:** Participants will engage in a hands-on art therapy exercise and learn how creative expression can serve as an effective tool for reducing stress and promoting emotional release.

**Experience the Impact of Massage Therapy on Relaxation:** Through a guided massage therapy session, participants will experience the physical and mental relaxation benefits of massage and how it can alleviate stress-related tension.

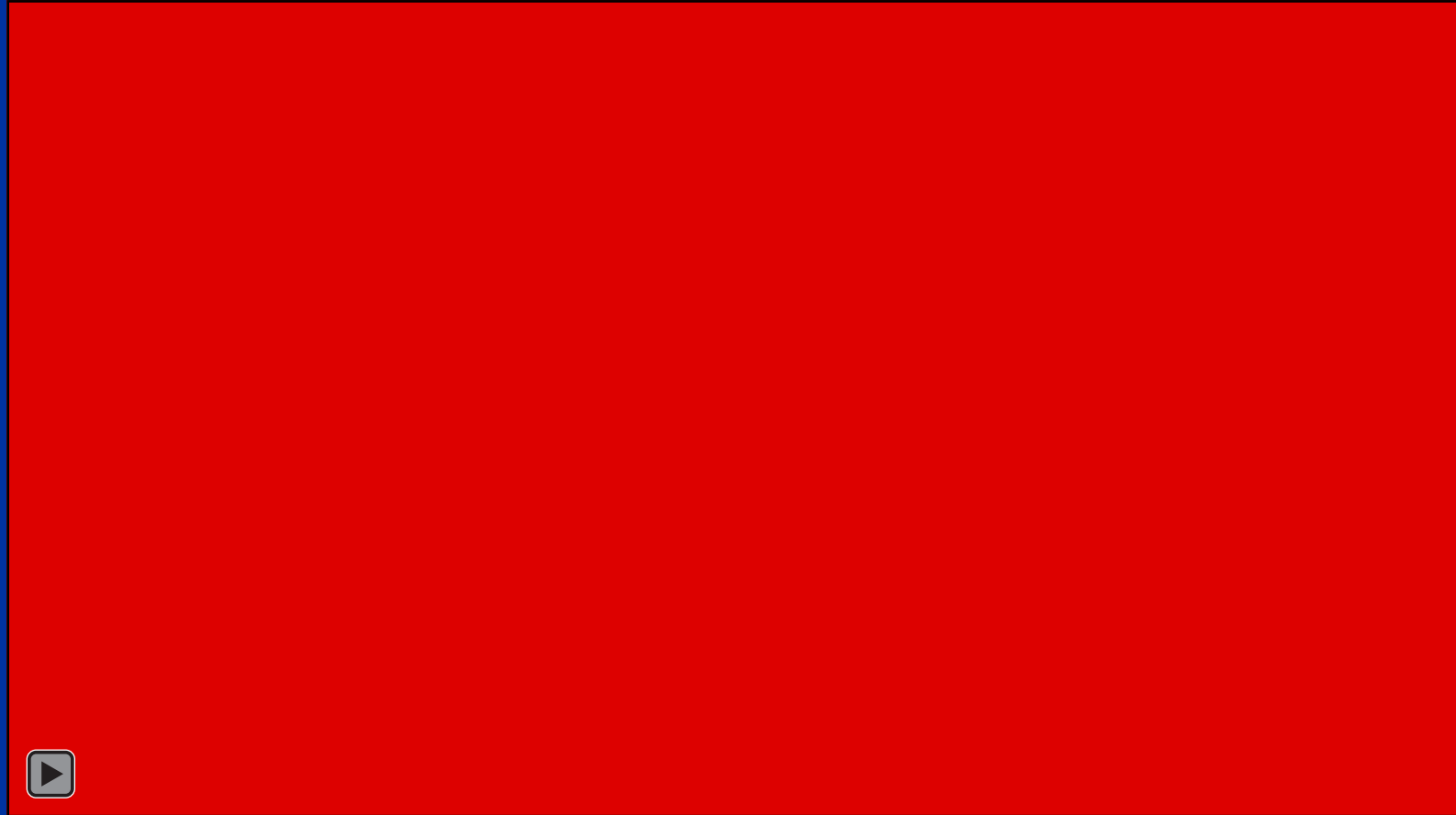
**Engage in Narrative Medicine for Emotional Stress Relief:** Participants will explore the practice of narrative medicine by crafting personal narratives, reflecting on how storytelling and self-expression can help process emotions and reduce mental stress

**Experience the Stress-Relieving Benefits of Tai Chi:** Participants will engage in a guided Tai Chi session and learn how this gentle movement practice can promote relaxation, reduce stress, and enhance mental clarity through mindful movement.

# *Expected Outcome*

- The integration of the therapies that you are going to learn about can lead to improved patient outcomes, greater satisfaction for both patient and provider, and a more personalized healthcare experience.

# INTEGRATIVE MEDICINE & HEALTH – INTRODUCTION TO SERVICES





## *WHAT IS INTEGRATIVE MEDICINE?*

- Practice of medicine that reaffirms the relationship between patient and practitioner
- Focuses on the whole person through all appropriate approaches to achieve optimal health and healing
- Recognizes that interactions between mind, body, and spirit have a direct impact on one's vitality



# *INTEGRATIVE MEDICINE CLINIC*

## OUTPATIENT CLINIC

### **Services Offered**

- Acupressure
- Acupuncture
- Massage Therapy
- Narrative Medicine
- Reiki
- Group classes – Yoga, Tai Chi, Meditation, & More

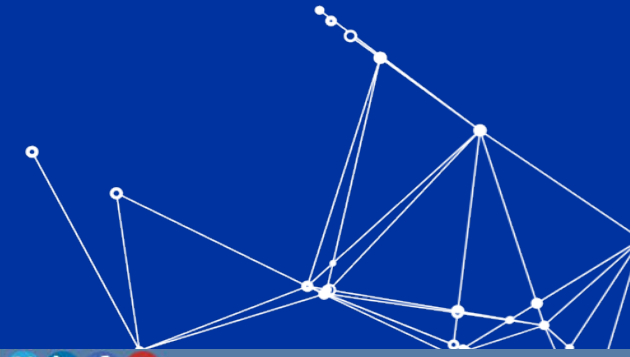
### **Location:**

Markey Cancer Center  
Whitney-Hendrickson  
Building, Third Floor





# INTEGRATIVE MEDICINE & HEALTH *ACADEMIC CONSORTIUM*



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# *Meditation*

- Place your feet on the ground
- Place your hands comfortably on your lap
  - Close your eyes, or gaze at the floor



# Art Therapy



- **Introduction to Art Therapy:**
- **Definition:** A form of psychotherapy that uses creative processes such as drawing, painting, and sculpture to improve physical, mental, and emotional well-being.
- **Purpose in Hospitals:** Helps patients cope with illness, manage stress, and express emotions they may struggle to verbalize.

# Art Therapy

- **Benefits of Art Therapy in Hospitals:**
- **Emotional Expression:** Provides an outlet for patients to express feelings like fear, anxiety, and grief in a safe environment.
- **Stress Reduction:** Engages the mind in creative activity, lowering anxiety and improving mood.
- **Physical Rehabilitation:** Enhances motor skills and cognitive functions in patients undergoing recovery from strokes or surgeries.
- **Family Support:** Art therapy can be used to help families process emotions together, especially during critical moments.

# Art Therapy



- **Evidence-Based Impact:**
- **Mental Health Improvement:** Studies show reduced depression and anxiety levels in patients who participate in art therapy.
- **Improved Quality of Life:** Art Therapy enhances the well-being of patients with chronic illnesses or terminal conditions by giving them a sense of control and accomplishment.
- It is often used alongside massage, music therapy, and meditation to create holistic treatment plans.

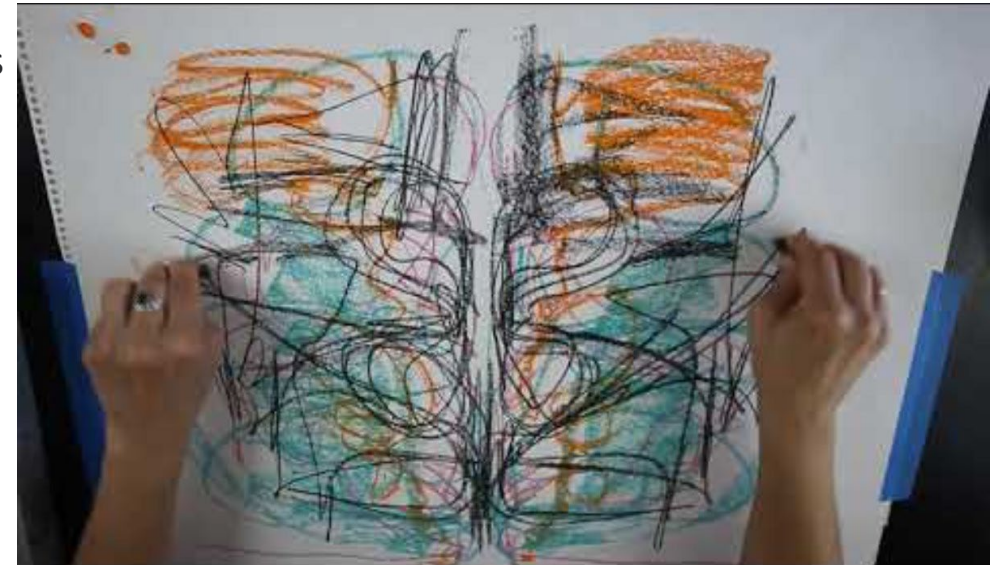
# Art Therapy Mini Session

## • Bilateral Drawing for Self-Regulation

- Various forms of bilateral stimulation or movement are effective in engaging cross-hemisphere activity in the brain (Shapiro, 2001) and in art therapy because it reconnects “thinking” and “feeling” (Malchiodi, 2003/2011) via the sensory-based processes involved in art-making.
- "These types of applications seem to have an impact on recovery from [traumatic](#) events because for many individuals, the limbic system and right hemisphere of the brain are hyperactivated by actual experiences or memories of trauma. While not completely understood, specific processes found in bilateral stimulation may help regulate body and mind thus allowing explicit [memory](#) to be reconnected with implicit memory" (Malchiodi, 2021).
- Bilateral stimulation can be found in Music Therapy, Occupational Therapy, EMDR (Eye Movement Desensitization and Reprocessing)
- You can do this with drawing, journaling, and/or using sculpting materials

### Steps:

1. Think of a current stressor
2. Pick two oil pastels to hold In each hand
3. Begin to scribble or make a design using both hands at the same time
4. Change colors and line/mark making as desired
5. Let's talk about it!



# Massage Therapy

Massage therapy involves structured touch, holding, pressure, and manipulation of the soft tissues in the body to promote healing and a sense of well-being.

There are different approaches to massage, all of which emphasize a personalized, one-on-one method of care that can be tailored to the needs of the individual.



# *Massage Therapy in Stress Management*

## **•Reduces Physical Tension:**

- Relieves tight muscles and decreases pain associated with stress-induced tension, especially in the neck, shoulders, and back.

## **•Decreases Stress Hormones:**

- Lowers levels of cortisol (the stress hormone), helping to mitigate the body's "fight or flight" response.

## **•Promotes Relaxation:**

- Encourages the release of endorphins and serotonin, which contribute to a feeling of calm and well-being.

## **•Improves Sleep Quality:**

- By promoting relaxation and reducing anxiety, massage therapy can improve sleep patterns, which are often disrupted by stress.

## **•Enhances Mental Clarity:**

- Reduces mental fatigue and improves focus and concentration by lowering stress levels.



# *Massage- Evidence Based Impact*

- Studies show significant decreases in anxiety and stress levels after consistent massage therapy sessions.
- Regular massage has been linked to improvements in mental health and overall mood.
- Massage therapy is a valuable tool in managing stress, benefiting both the body and mind.
- Massage can be a standalone treatment or part of an integrative care plan to improve overall wellbeing.

# *Massage Therapy Demonstration*



# *Narrative Medicine*

Narrative Medicine encourages the rediscovery of personal identity and meaning by telling stories. Providers attentively listen to the patient's narrative, which is at the heart of these visits.

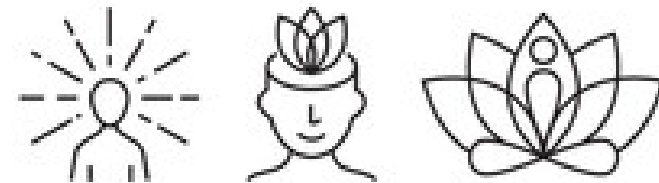
Patients are invited to share their experiences of illness and treatment, sources of strength, new insights or perspectives during treatment, and hopes for the future.

Patients may begin to discover new meanings and identity as they explore their own narrative.



# *Narrative Medicine in Whole Health*

- Narrative Medicine aligns with the whole health model by addressing the mind, body, and spirit through personal stories
- By telling and listening to stories, healthcare providers can foster deeper empathy, creating a sense of connection that supports healing beyond physical symptoms.
- Encourages patients to take an active role in their care, helping them make informed decisions about their health and treatment options.



# *Narrative Medicine and Stress Management*

- Storytelling provides patients with an outlet for emotional expression, allowing them to process feelings of stress, fear and anxiety.
- Sharing narratives helps patients feel less isolated, knowing that their experiences are heard and validated.
- Healthcare professionals also benefit by reflecting on their own experiences, promoting self care and reducing burnout through the practice of narrative reflection.

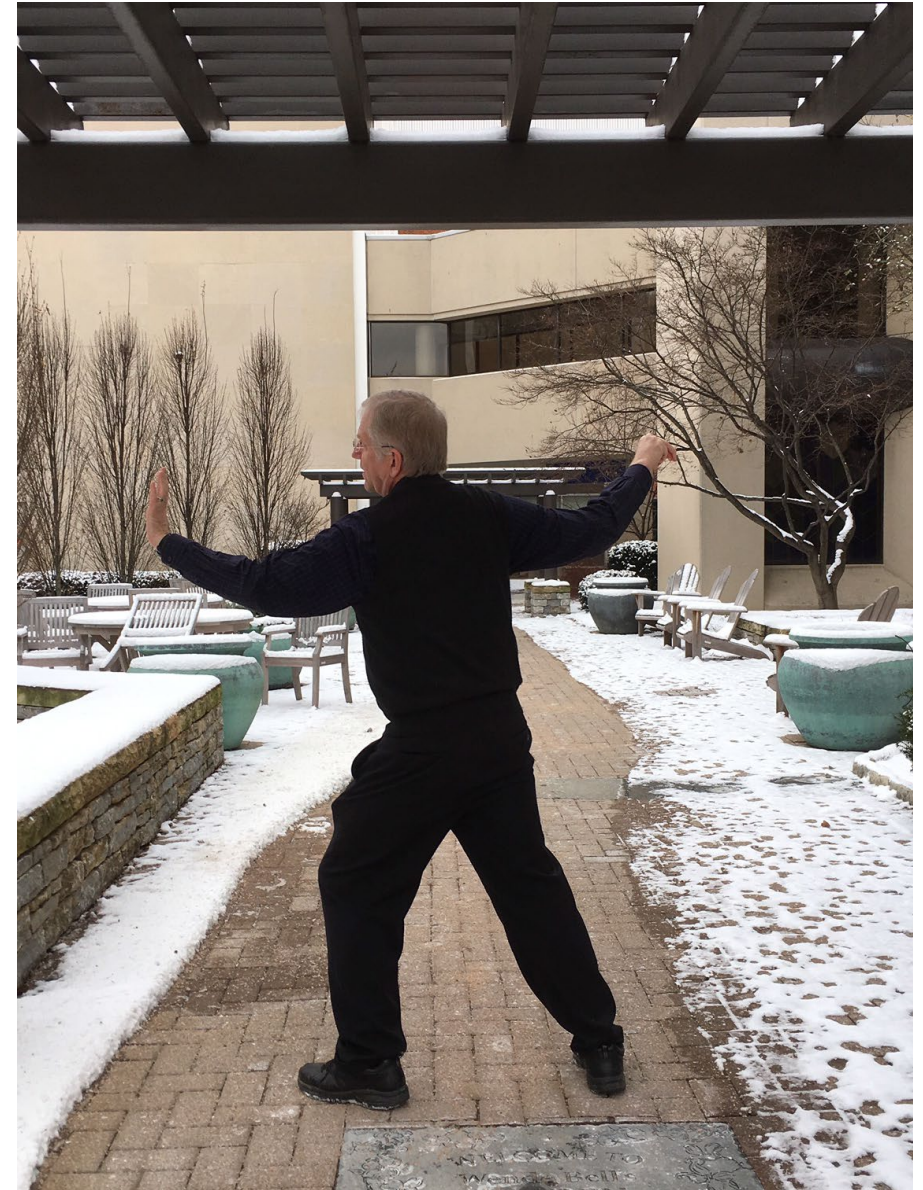


# Tai Chi

Tai Chi is a form of “moving meditation” that involves deep breathing and gentle movements.

Tai Chi builds and moves natural energy by encouraging centering and focus while aligning the mind, body, and spirit.

Tai Chi promotes resilience, flexibility, and wellness while also energizing and relaxing the body.



# *Tai Chi and Stress Management*

- Tai Chi can be both energizing and relaxing.
- Tai Chi encourages agility and physical balance as well as a life that is in balance.
- Tai Chi includes sequences of slow and gentle movements with postures that focus and move energy.