



# COMPLEMENTARY AND ALTERNATIVE MEDICINE IN MENTAL HEALTH

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# DISCLOSURES

I have no affiliation or financial disclosures to any company product or service mentioned in this presentation.

# OBJECTIVES

Define

Define Complementary and Alternative Medicine

Identify

Identify Complementary Therapeutic Treatments in Mental Health

Review

Review Mind and Body Practices

Explore

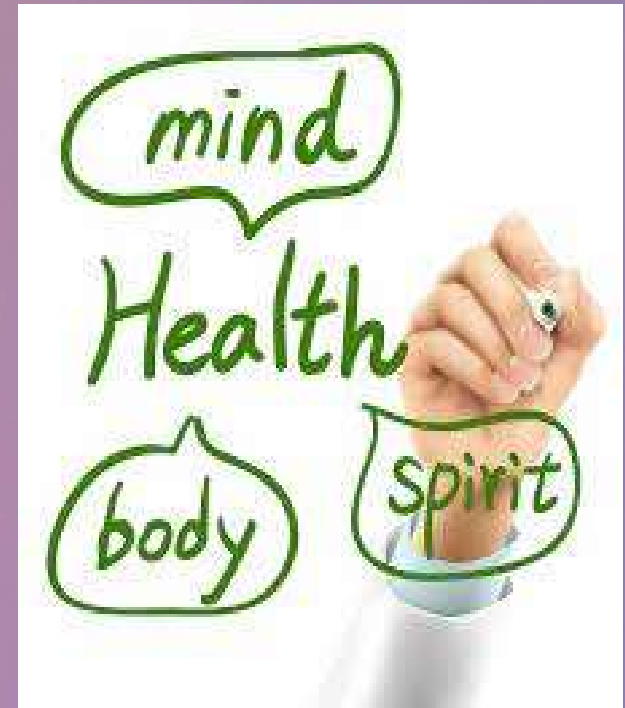
Explore evidence- based practice use of Complementary and Alternative Medicine in Mental Health

# DEFINITIONS

National Center for Complementary and Integrative Health (2022)

**Homeopathic medicine:** an alternative medical treatment developed in Germany more than 200 years ago

- Based on the “law of minimum dose,” the lower the dose of medication, the greater its efficacy
- Many homeopathic remedies are diluted with little molecules remaining in the substance
- Some products labeled as “homeopathic” can contain substantial amounts of active ingredients causing side effects and drug interactions



# DEFINITIONS

**National Center for Complementary and Integrative Health (2022)**

❖ **Holistic (sometimes spelled wholistic)**: treatment of the whole person (body, mind, emotions, and spirit) with the goal of achieving wellness and good health

Instead of relying solely on conventional medications /treatments to alleviate symptoms and promote better health, a holistic approach incorporates factors such as sleep patterns, lifestyle choices, stress levels, and dietary habits

## National Center for Complementary and Integrative Health (2022)

**Natural** :in medicine, there is no official definition for use of the term *natural*

Products labeled **natural** does not necessarily mean *safe*

*Example* : the herbs **comfrey and kava** may be considered natural products, but can cause serious harm to the liver

**Naturopathic medicine:** a medical system evolved from a combination of traditional practices and health care approaches popular in Europe during the 19th century

- The use of many different treatment approaches, including dietary and lifestyle changes, stress reduction or relaxation techniques, herbs or botanicals, dietary supplements, and other natural products, homeopathy, manipulative therapies, counseling, and conventional medicine



## ALTERNATIVE VERSUS COMPLEMENTARY

❖ **Alternative medicine:** products or practices developed outside of mainstream Western, or conventional medicine

- Used **in place of** conventional medicine
- Non-mainstream approach used **in place of** conventional medicine, it's considered “alternative”



## NATIONAL CENTER FOR COMPLEMENTARY AND INTEGRATIVE HEALTH (2022)

**Complementary health:** a broad range of practices, interventions, and natural products, which are not typically part of conventional medical care

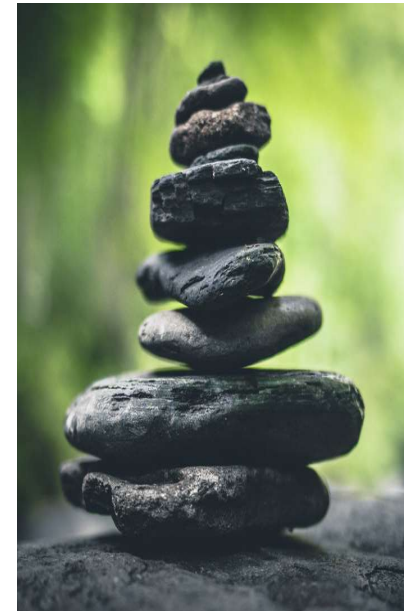
- Origins outside of usual Western practice
- Complementary health approaches divided into two major groups—mind and body practices, and natural products
- Non-mainstream approach used **together with** conventional medicine; it is considered “complementary.”

# INTEGRATIVE HEALTH

❖ **Integrative health:** conventional and complementary approaches together in concert (National Cancer Institute, 2022)

- emphasizes multimodal interventions
- two or more interventions combined
- conventional health care approaches (medication, physical rehabilitation, psychotherapy), and complementary health approaches (acupuncture, yoga,) in various combinations
- emphasis on treating the whole person rather than one organ system

The goal is well-coordinated care to bring conventional and complementary together to care for the whole person



## Conventional Care

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- Counseling
- Prescription medication
- Dietary change
- Regular exercise
- Qigong

## Integrative Care

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- Conventional  
Counseling  
Prescription medication  
Regular exercise
- Complementary  
Qigong  
Herbal supplements  
Mindfulness meditation

# COMPLEMENTARY HEALTH

## Complementary classified by therapeutic input

- 1) **Nutritional** (dietary supplements, herbs, diets)
- 2) **Psychological** (mindfulness, psychotherapy)
- 3) **Physical** (spinal manipulation)
- 4) **Combination**

- **psychological and physical**  
(yoga, tai chi ,acupuncture)
- psychological and nutritional**  
( mindful eating)



## “Natural Products”

Medicinal Plants and Other Products  
(Ingested, Topical, Inhaled, etc.)

## Nutritional

Probiotics  
Prebiotics  
Phytochemicals  
Dietary Plants, Herbs, and Spices

## Drugs

Botanical Drugs

Dietary Supplements

Vitamins and Minerals

Essential Nutrients  
Food as Medicine  
Food and Microbiome Metabolites  
Diet and Dietary Patterns

Mindful Eating

## Psychological

Mindfulness and Spiritual Practices  
Psychotherapy

## “Mind and Body Practices”

Meditation  
Breathing and Relaxation Techniques

Art  
Music  
Dance

Movement Education  
Yoga  
Tai Chi

## Physical

Manual Therapies  
Heat/Cold

Acupuncture

Light/Electrical/Magnetic Stimulation

## Devices

## Surgery

- [https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.nccih.nih.gov%2Fhealth%2Fcomplementary-alternative-or-integrative-health-whats-in-a-name&psig=AOvVaw1onjYWdICBj\\_X12YA--Oe6&ust=1683147387274000&source=images&cd=vfe&ved=0CA0QjRxqFwoTCMcmz-LC1\\_4CFQAAAAAdAAAAABAE](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.nccih.nih.gov%2Fhealth%2Fcomplementary-alternative-or-integrative-health-whats-in-a-name&psig=AOvVaw1onjYWdICBj_X12YA--Oe6&ust=1683147387274000&source=images&cd=vfe&ved=0CA0QjRxqFwoTCMcmz-LC1_4CFQAAAAAdAAAAABAE)

# NUTRITIONAL



- Include a variety of products often sold as dietary supplements such as **herbs** (botanicals), **vitamins/minerals**, and **probiotics**
- 17.7 percent of American adults used a dietary supplement other than vitamins and minerals (Falci, 2016)
  - Most common used dietary supplement was fish oil

# COMMON HERBS USED FOR MENTAL HEALTH

## ➤ Omega-3 fatty acids

fatty fish, flax, and other dietary sources

**Use:** Depression

**Evidence of Effectiveness:** may have benefit as an adjunct to standard pharmacologic therapy for depression

**Interactions:** anticoagulants

## ➤ SAMe

**Use:** Depression

**Evidence of Effectiveness:** may have benefit as an adjunct to standard pharmacologic therapy for depression

**Interactions/Precautions:** caution in concomitant use of serotonergic agents may induce serotonin syndrome

# COMMON HERBS USED FOR MENTAL HEALTH

**Kava** (*Piper methysticum*, plant)

**Use:** Anxiety

**Evidence of Effectiveness:** may have anxiolytic effect

**Interactions/Precautions:**

Safety risks outweigh benefits

Benzodiazepines, and monoamine oxidase inhibitors (MAOIs)

Linked to severe liver damage

Avoid alcohol when taking; risk of excessive sedation and liver damage



# COMMON HERBS FOR MENTAL HEALTH

## St. John's Wort

**Use:** Depression

**Evidence of Effectiveness:** Some evidence support use for treatment of mild/moderate depression

### **Interactions/Precautions :**

Antidepressants (SSRI, SNRIs, TCAs, MAOIs), Triptans/CGRP receptor blockers risk for SS

Benzodiazepines (decrease efficacy)

Warfarin (decrease efficacy)

Digoxin (decrease efficacy)

Antiseizure medication (decrease efficacy)

Protease inhibitors/NNRTIs (decrease efficacy)

# MANUAL BODY BASE THERAPIES

- **Acupuncture**
- **Chiropractic Care**
- **Reflexology**



# ACUPUNCTURE

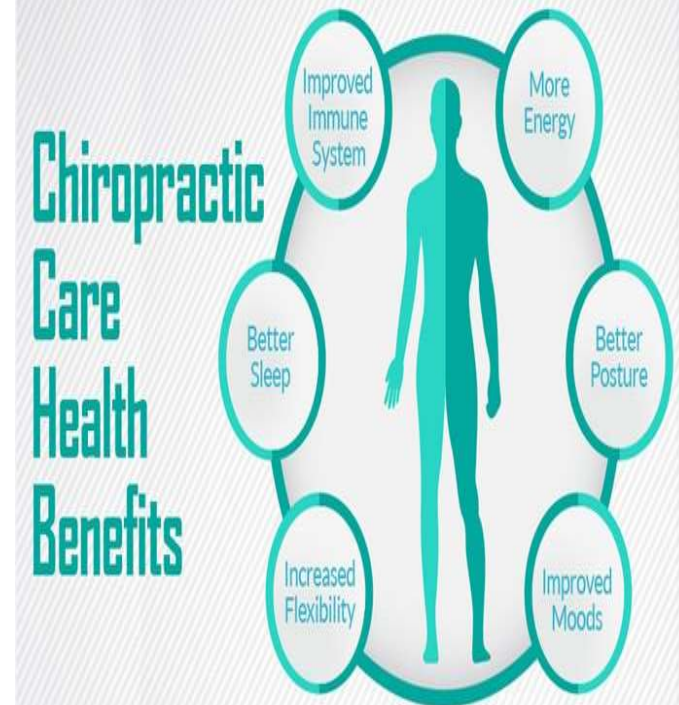


- Traditional Chinese medicine
- Involves stimulation of anatomical points on the body to treat various physical, mental, and emotional conditions
- Practitioners pierce the patient's skin with thin metallic needles to adjust the flow of energy (qi) through the body
- Acupuncture also includes using heat, electricity, lasers, or pressure
- Can help treat persons with high levels of stress as well as symptoms of anxiety disorders and post traumatic stress disorder (PTSD)
- Stress-relieving elements of acupuncture can be helpful to improve emotional regulation, overall mood, treat symptoms of depression and feelings of wellbeing

# CHIROPRACTIC THERAPY

Developed in the late 1800s.

- Doctors of chiropractic medicine receive training in manipulation of the musculoskeletal system
- Based on holistic beliefs in the body's ability to take care of itself
- Adjusting the joints of the body through manipulation restoring the area to proper alignment
- Other treatments such as hot and cold packs may be used

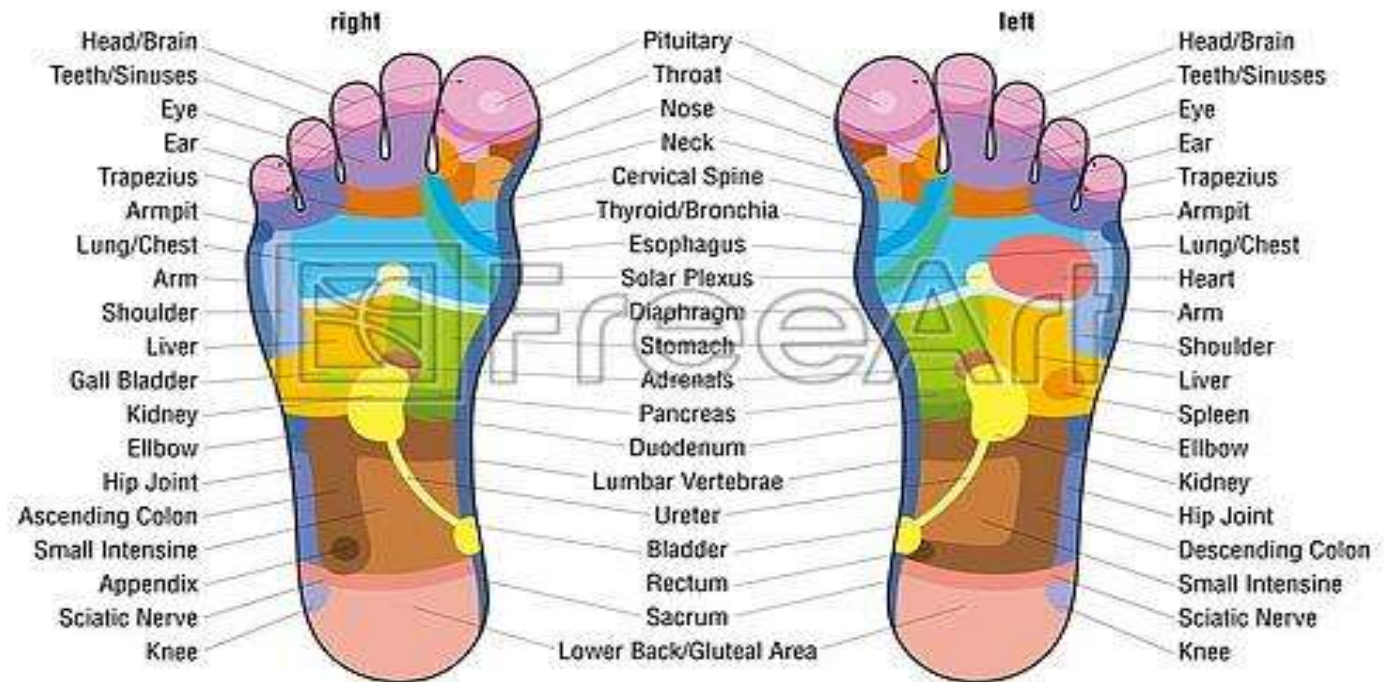


# REFLEXOLOGY

- Application of pressure to specific points and areas on the feet, hands, or ears which are believed to match up with various parts of the human body
- Theory based on 1890s research by Sir Henry Head and Sir Charles Sherrington, found that a neurological relationship exists between the skin and the internal organs; the whole nervous system adjusts to a stimulus
- Enhances overall relaxation, brings internal organs and their systems into a state of optimum functioning; increases blood supply positively affecting the circulatory, respiratory, endocrine, immune, and neuropeptide systems in the body
- Reflex points correspond to different body organs and systems, and that pressing them creates benefits for the person's health
- Foot/hand maps (reflexology chart) are used to guide the work



## Foot Reflexology Chart



[https://www.freeart.com/artwork/art-print/foot-reflexology-chart-description\\_fa20147390.html](https://www.freeart.com/artwork/art-print/foot-reflexology-chart-description_fa20147390.html)

# COMPLEMENTARY MIND BODY PRACTICES

- Biofeedback
- Deep breathing
- .Guided imagery
- Hypnotherapy
- Meditation/Mindfulness
- Progressive relaxation
- Qi gong/Tai Chi
- Reiki



# BIO/NEURO-FEEDBACK

- Uses electronic devices to teach clients how to improve health by consciously regulating breathing, heart rate, blood pressure, and other bodily functions
- Helps make changes in your body, such as relaxing muscles, to help relieve pain or reduce tension
- Decreases heart rate and breathing
- Helps to develop skills to practice new ways to control your body
- Used in mental health to treat depression, anxiety and insomnia





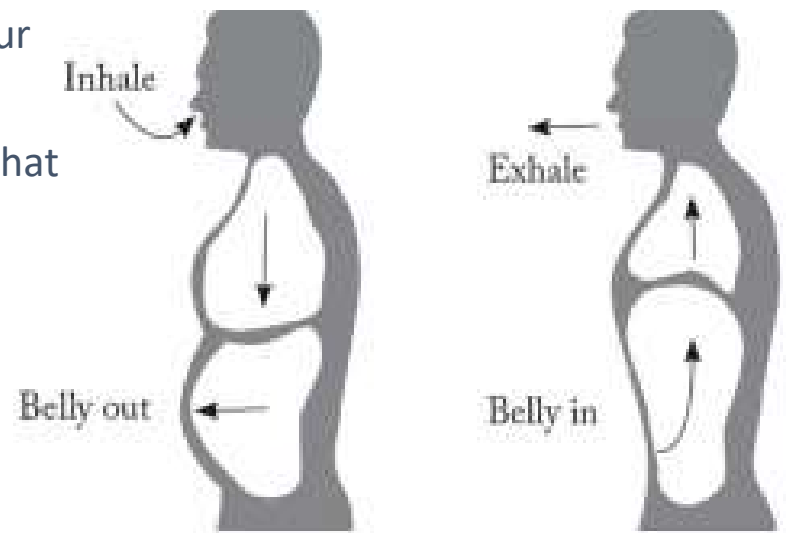
# DEEP BREATHING/ DIAPHRAGMATIC BREATHING

- Breathing practice = an efficient integrative body–mind training to help with stress and psychosomatic conditions
- Contraction of the diaphragm, expansion of the belly, and deepening of inhalation and exhalation, which decreases the respiration frequency and maximizes the amount of blood gases
- Benefits of diaphragmatic breathing have been association with meditation, ancient eastern religions and martial arts



# DEEP BREATHING / DIAPHRAGMATIC BREATHING

- Sit or lie in a comfortable position, legs shoulder width apart, eyes closed, jaw relaxed, arms loose.
- Place one hand on your chest, one hand on your stomach
- Breathe so that only your stomach rises and falls (breathe with your nose only)
- Inhale: Concentrate on keeping your chest still; belly is a balloon that you blowing up
- Exhale: Allow your stomach to fall as if you are melting into your chair/bed (repeat the word “calm” to help focus)
- 10 sets
- Practice 3-5 minutes daily



# GUIDED IMAGERY

- Guided imagery is a focused practice that involves the five senses to ignite positive healing messages throughout the mind and body
- During the session, the therapist guides the patient through a visualization exercise
- The individual visualizes positive images /scenarios in their mind
- The goal is to relax the body and develop a sense of well-being



# GUIDED IMAGERY

- A systematic review by Pile et al. (2021) found guided imagery added as an addition to standard psychological treatment, facilitated the reduction of symptoms of anxiety and depression
- Emotional guided imagery designed to generate positive feelings, or, alternatively, imagery designed to subvert or redirect negative feelings



# GUIDED IMAGERY

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=GU\\_ABFUAVAS](https://www.youtube.com/watch?v=GU_ABFUAVAS)



# HYPNOTHERAPY

- Therapeutic practice that uses guided hypnosis to help an individual reach a trance-like state of focus, concentration, diminished peripheral awareness, and heightened suggestibility
- During hypnosis a person is unusually responsive to an idea or image, but they are not under anyone's "control"
- Hypnotherapy isn't mind control or brainwashing. Your therapist can't make you do something embarrassing or something you don't want to do.
- A trained clinical hypnotherapist can help individuals in the hypnotic state relax and turn attention inward within themselves helping them achieve desired behavioral changes or better manage symptoms
- Eventually, an individual learns to address their states of awareness on their own and in doing so, gain better control of their physical and psychological responses





# HYPNOTHERAPY

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=UOMHY5D-E4C](https://www.youtube.com/watch?v=UOMHY5D-E4C)

# MINDFULNESS

Mindfulness, refers to awareness, attention, or alertness

Ancient Buddhist practice, mindfulness gained acceptance in traditional Western medicine and society in the 1970s through the work of Jon Kabat-Zinn

Mindfulness is “an awareness that emerges through paying attention on purpose, in the present moment and non-judgmentally, to the unfolding of experience moment by moment (Kabat-Zinn, 1982).

Principles of mindfulness:

- 1) give undivided attention
- 2) be aware of present thoughts and emotions
- 3) accept them without judgment

# MINDFULNESS

- Mindfulness: a mental state whereby patients focus on their awareness on the present moment, while acknowledging and accepting their feelings, thoughts, and body sensations
- Awareness
- Acceptance
- Action



mindfulness  
It's all about NOW



**MINDFULNESS**



## MINDFULNESS

[https://www.youtube.com/watch?v=7WNZISFYMSE&list=RDCMUcFK7DQVNBAYNPBRMTIWTASW&start\\_radio=1&rv=7WNZISFYMSE&t=217](https://www.youtube.com/watch?v=7WNZISFYMSE&list=RDCMUcFK7DQVNBAYNPBRMTIWTASW&start_radio=1&rv=7WNZISFYMSE&t=217)

# PROGRESSIVE MUSCLE RELAXATION

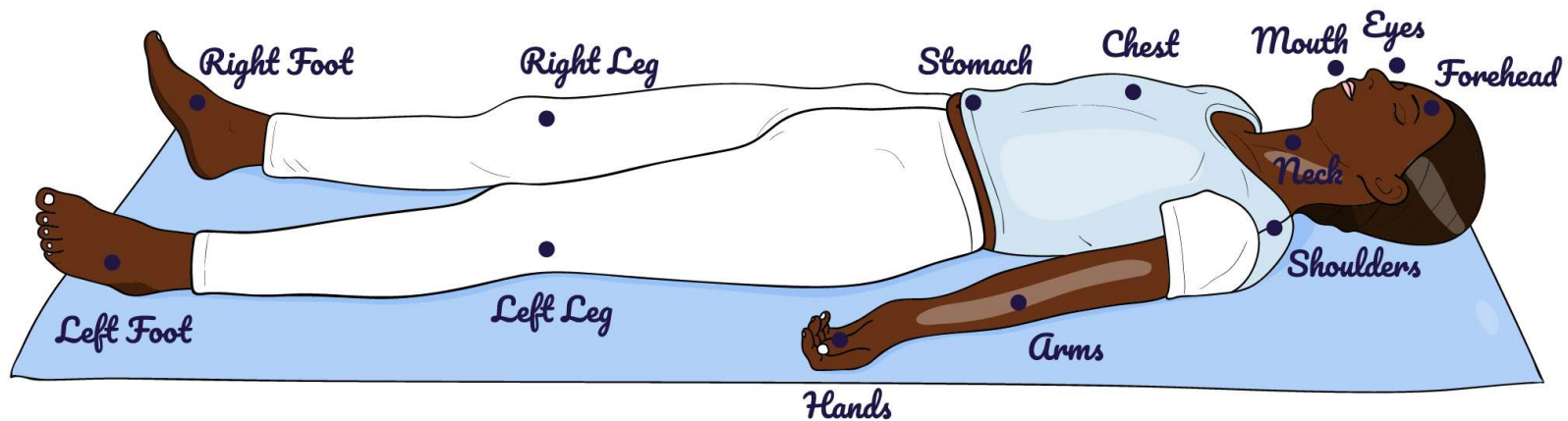
The tensing and releasing of muscle groups while focusing on differences between the state of tension and relaxation

## **Physiological changes**

- decreases breathing
- lowers heart rate
- lowers blood pressure
- lowers cortisol levels
- helps relieve stress/anxiety
- promotes sleep
- decreases muscle tension

[https://www.google.com/imgres?imgurl=https%3A%2F%2Fwww.claritychi.com%2Fwp-content%2Fuploads%2F2021%2F12%2Fstressmanagementthroughprogressivemusclerelaxation-01.png&tbnid=-6xXaPkHNz1j\\_M&vet=12ahUKEwj0ntTUou3-AhWh4QIHd1pDjsQMygAegUIARDRAQ..i&imgrefurl=https%3A%2F%2Fwww.claritychi.com%2Fstress-management-through-progressive-muscle-relaxation%2F&docid=iZaO5E\\_bicHAaM&w=2501&h=1307&q=stress%20management%20through%20progressive%20muscle%20relaxation&ved=2ahUKEwj0ntTUou3-AhWh4QIHd1pDjsQMygAegUIARDRAQ](https://www.google.com/imgres?imgurl=https%3A%2F%2Fwww.claritychi.com%2Fwp-content%2Fuploads%2F2021%2F12%2Fstressmanagementthroughprogressivemusclerelaxation-01.png&tbnid=-6xXaPkHNz1j_M&vet=12ahUKEwj0ntTUou3-AhWh4QIHd1pDjsQMygAegUIARDRAQ..i&imgrefurl=https%3A%2F%2Fwww.claritychi.com%2Fstress-management-through-progressive-muscle-relaxation%2F&docid=iZaO5E_bicHAaM&w=2501&h=1307&q=stress%20management%20through%20progressive%20muscle%20relaxation&ved=2ahUKEwj0ntTUou3-AhWh4QIHd1pDjsQMygAegUIARDRAQ)

# Stress Management Through Progressive Muscle Relaxation



# PROGRESSIVE MUSCLE RELAXATION

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=GZ9PHSBT-M4](https://www.youtube.com/watch?v=GZ9PHSBT-M4)



# QI GONG

- Qi Gong (Chi Kung) is a traditional Chinese practice that involves physical movements, breathing techniques, and meditation
- Qigong can be traced back thousands of years to ancient China, where it was developed as a part of traditional Chinese medicine and martial arts
- It is a holistic system designed to cultivate and balance the body's vital energy, or "Qi" (pronounced "chee"), and enhance physical, mental, and spiritual well-being
- Qi Gong uses exercises to optimize energy within the body, mind, and spirit, to improve/maintain health and well being
- Qi gong has both psychological and physical components and involves the regulation of the mind, breath, and body's movement and posture

# QI GONG

## Forms of Qi Gong:

- Breath is slow, long, and deep; patterns may switch from abdominal breathing to breathing combined with speech sounds
- Movements are typically gentle and smooth, aimed for relaxation
- Mind regulation includes focusing one's attention and visualization.
- Dynamic (active) qigong techniques primarily focus on body

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**3 Easy Steps**  
**To Feel**  
**Qi Energy**



QI GONG

# REIKI

- Reiki is a Japanese form of alternative/complementary therapy that aims to promote healing and relaxation
- Involves the practitioner placing their hands on or near the recipient's body to promote self-healing abilities,
- According to the Reiki belief system, the practitioner does not cause the healing, nor are they the source of that healing energy; they're a channel for the energy
- Reiki originated in Japan in the early 20th century
- Reiki has been adapted into different forms and styles by various practitioners
- Reiki is not a religion and is not associated with religious practice



What  
is  
Reiki?



REIKI

# RESEARCH NCCIH

- **Acupuncture:** chronic pain (low-back pain, neck pain, and osteoarthritis/knee pain); as well as reduce the frequency of tension headaches and prevent migraine headaches
- **Meditation:** reduce blood pressure, symptoms of anxiety/depression/insomnia, and symptoms of irritable bowel syndrome/ulcerative colitis
- **Tai chi:** improve balance and stability, reduce back pain and pain from knee osteoarthritis, and improve quality of life in people with heart disease, cancer, and other chronic illnesses
- **Yoga:** benefit people's general wellness by relieving stress, supporting good health habits, and improving mental/emotional health, sleep, and balance as well as be helpful with low-back/neck pain, symptoms of anxiety /depressive, and smoking cessation



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