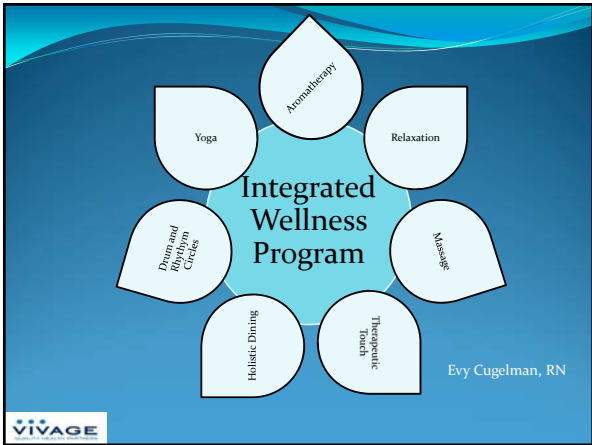


Enhancing Well Being by Integrating Complementary and Holistic Modalities

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- VIVAGE Quality Health Partners is committed to the well being of all who live and work in VIVAGE Long Term Care Homes. To achieve the highest level of well being, we believe that by offering complementary care modalities to everyone we can improve quality of life, reduce the quantity of medications that people take and continue to build community in our homes.

- VIVAGE Quality Health Partners would like to thank the loyal and committed team members who worked diligently to put this curriculum together. Many thanks to:
- Marcia Brenowitz – NHA at North Star Community
- Evy Cugelman – Life Enhancement Specialist at Vivage Quality Health Partners
- Mary Dieffenbach – Former DON at Amberwood Court
- Susan Hanson – Director of Social Services at Rowan Community
- Sandy Ransom – Retired Life Enhancement Specialist at Vivage Quality Health Partners
- Nancy Schwalm – Chief Business Operations Manager at Vivage Quality Health Partners
- Mary Lynn Willis – Former RD and Quality Improvement Specialist at Vivage Quality Health Partners
- Jeanne Wolf – Former Quality Improvement Specialist at Vivage Quality Health Partners

The Committee would like to thank Jeff Jerebker, Former President & CEO of Piñon Management and Jay Moskowitz, President and CEO of VIVAGE Quality Health Partners for their lifelong commitment to ensuring the quality of life and wellbeing for people who live and work in Long Term Care. The committee is grateful to Jeff and Jay for their encouragement and providing the many hours to create this dynamic and forever growing, program. We also wish to thank Cynthia Haskell our Chief Clinical Officer at Vivage for reviewing this program and giving her blessing.

Wellness – A Buzzword, a trend or a necessity?

- Wikipedia says “Wellness is generally used to mean a healthy balance of the mind, body and spirit that results in an overall feeling of well-being.”
- The term has been defined by the Singapore-based National Wellness Association as “An active process of becoming aware of and making choices toward a more successful existence.”

Wellness can also be described as "the constant, conscious pursuit of living life to its fullest potential," or "Wellness is all you are capable of becoming."

It appears that Wellness is an active process where we make choices for ourselves in the interest of wholeness and health which we equate with Holistic Health. The definition of Holistic Health by the American Holistic Nurses Association is "Holistic Health is the state of body, mind, emotion, spirit within the framework of an ever changing environment"

Wellness is a choice. It means taking control of your own life and being who you want to be. It means honoring and accepting yourself, yet examining those things about you that you don't like or accept so that you can wake up each day knowing and loving yourself.

Wellness

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10

AROMATHERAPY

The art and science of utilizing naturally extracted aromatic essences (essential oils) from plants to balance, harmonize, and promote the health of body, mind spirit and emotion.

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11

History


- Dates back over 6,000 years to ancient Egypt, the Far East and China
- Dates back 2,500 years where it has been used in Ayurveda the traditional medicine of India
- Called Aromatherapy in the 1930's by French chemist, René Maurice Gattefossé

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Essential Oils

- Volatile liquids extracted from plant parts that has the characteristic aroma or flavor of the plant from which it is derived.
- Tiny molecules similar to hormones in the human body
- Extracted from flowers, grasses, fruits, leaves, roots, bark and needles




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How Oils Influence the Body

Oils from:


- Leaves or needles help respiratory system i.e. eucalyptus
- Rind of fruits help cardiovascular system i.e. mandarin
- Roots help intestines i.e. ginger
- Delicate blossoms calm nervous system ie. lavender



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Oils from:

- Hardy blossoms tend to stimulate nervous system i.e. fennel
- Bark, resin, or gum of tree help glandular system i.e. frankincense
- The lighter the oil the more volatile and evaporate quickly



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Properties of Essential Oils

- Light, non greasy
- Affected by light and heat – lose potency
- Should be stored in dark, cool, dry place
- Life force of plant
- Concentrated – only use a few drops
- Volatile
- 75- 150% stronger than the dried herb

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Properties of Essential Oils


- Strong aroma
- Cannot mix with water – only with alcohol (vodka), ether and oils
- Will evaporate quickly
- Most oils have consistency of water.



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Using Essential Oils


- Inhalation
 - Through a diffuser
 - Drop placed on pillow, handkerchief, felt pad
- Topical
 - Mixed with a lotion or carrier oil
 - NEVER place directly on an elders skin
- Ingestion
 - Not recommended unless suggested by doctor



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Ensuring Purity of Essential Oils

- To ensure a therapeutic effect, use 100% pure oils that are preferably organically grown – labeled therapeutic grade oils
- Must come in amber, brown or blue bottles
- Vary in price



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Care of Essential Oils

- Pure essential oils have shelf life of about 3 years
- Citrus oils are good for 6 months to 1 year
- Does not lose fragrance but loses therapeutic value
- Store in cool, dark place, never near sunlight or heat
- Keep in dark colored glass bottles

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Care of Essential Oils

- Separate from homeopathic remedies
- Cap bottle quickly to prevent evaporation
- Do not use rubber stopper as oil will deteriorate the stopper
- Keep away from children
- Oils come in different grades – lower grade oils have no therapeutic effect

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Buying Essential Oils

- Should say 100% pure essential oil
- Put a drop on a tissue – it should evaporate leaving no oily ring or oily residue
- Should come in dark colored glass bottles
- Should be different prices
- Know the supplier



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Blending Oils

- Combining EO's is called blending
- Use of two or more is called a synergistic blend (synergy: the whole is greater than the sum of it's parts)

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Guidelines for Blending

- Blend oils with the same energies or properties i.e. don't blend a stimulant with a sedative
- Blend oils to suit the person
- Blend oils for the optimum effect on health
- Use a top, middle and base note for a more synergistic blend

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Precautions

- With elders only use externally and with a carrier lotion, oil or cream
- Know which are elder safe
- Keep away from all mucus membranes
- Some oils irritate skin in bath water i.e. black pepper oil, peppermint,
- Never use in first trimester of pregnancy and best to wait till last trimester

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Precautions

- For asthma, epilepsy, high blood pressure, low blood pressure, photosensitivity, hypoglycemia – there are SOME oils that may make condition worse
- SOME oils are irritating to the skin
- SOME oils are poisonous if ingested



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Elder Safe Oils

- Chamomile
- Tea tree oil
- Mandarin
- Eucalyptus radiata
- Lavender
- But always research effects and contraindications of any essential oil before using



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Aromatherapy and Sleep

- Lavender – Calms nervous system
- Chamomile – Good for insomnia
- Bergamot – Relieves stress
- Sandalwood – Calming & relieves nervous tension
- Mandarin – Good for Seep difficulties



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Holistic Dining

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Eating for Wellness


- Improved health
- Disease prevention
- Feelings of well-being
- Increased enjoyment in eating



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Standard American Diet

- High in salt
- High in animal fats
- High in unhealthy vegetable oils
- High in processed carbohydrates and Sugars



Standard American Diet

- Low in Fiber
- Low in vitamins
- Low in minerals
- Low in healthy oils
 - such as omega 3 fatty acids found in salmon, sardines, herring)



Standard American Diet

- Americans eat 150% more salt than their bodies need
- Fast food is addictive



Standard American Diet

Standard American Diet

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Healthy Cooking Methods

- Steaming
- Baking
- Broiling
- Moist slow-cooking - crockpot
- Sautéing

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Canned, Frozen or Fresh

- Canned foods have lost much nutritional value
- Canned foods replace lost nutrients with Salt

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Canned, Frozen or Fresh

- Packaged convenience foods are often high in fat, sugar, salt and chemical preservatives
- Frozen foods retain much flavor, color, nutrients
- Fresh raw fruits and vegetables are the most nutritious.

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Digestive Enzymes & Probiotics

- Digestive Enzymes are produced by the body so we can absorb and use the food we eat
- Some enzymes that aid in digestion are also found in certain foods and supplements

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Digestive Enzymes & Probiotics

- Enzymes in food are destroyed by cooking, freezing and canning
- Raw fruits and vegetables contain enzymes that help digest food
- Probiotics help with digestion and increase the immune system

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Fresh Garden Foods

- Freshest fruits and vegetables are the best
- Fruits and veggies can be grown in containers or in the ground
- Gardening is a wonderful resident project



Mindful Eating

- Increases awareness of food & eating
- Increases enjoyment of food and the process of eating
- Helps to avoid overeating




Thich Nhat Hanh

“Mindful eating is very pleasant. We sit beautifully. We are aware of the people sitting around us. We are aware of the food on our plates...”






Convivium

- Convivium also called conviviality
- The shared experience of a good meal & good companionship, good place
- Food needs to be served timely, attractive, delicious, good aroma and good temperature





Good Fluids for Good Hydration

- Maximize fluid intake with tasty drinks
- Sugary drinks add unnecessary calories 
- Artificially sweetened drinks may have problematic side effects. 



Going Green in the Dining Room

- Plate waste – the amount of food left on a plate
 - Often due to serving foods person doesn't want or too large portions
- Re-cycle boxes & plastic containers food comes in
- Fix dripping faucets 



Dining & Persons Living With
Dementia

- Brain undergoes significant changes from dementia and many of these changes impact eating and drinking
- All 5 senses are impacted in varying degrees
- We must prevent malnutrition & dehydration

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Dining & Persons Living With
Dementia

FOOD CHOICES

- Limit food choices but know what they have always liked to eat, but be open to their changes and choices
- Use visual cues – offering 2 plates of food at every meal and snack

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Choice



Papdi Chaat

Seryo Chickpeas, Onions & Tomato Pulao

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Senses Used in Eating

- Sight of food
- Aroma perception
- Sounds in dining room
- Taste of food
- Holding Utensils

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Eating Abilities

- Swallowing and chewing can change
- Are teeth and gums in good condition
- Are dentures fitting well?
- Is mouth dry?
- Do they prefer liquids to solid food

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Dining Equipment

- Always promote independence in eating
- Use adaptive equipment for altered motor skills
- Maintain dignity – don't offer a bib offer a large cloth napkin
- Dishware must be visible
- Food must be visible

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The Dining Experience

- Ensure a comfortable and pleasant atmosphere
- They may not have the sensation of hunger or thirst
- Offer fluids between each bite
- Are they pacing? Have finger foods.

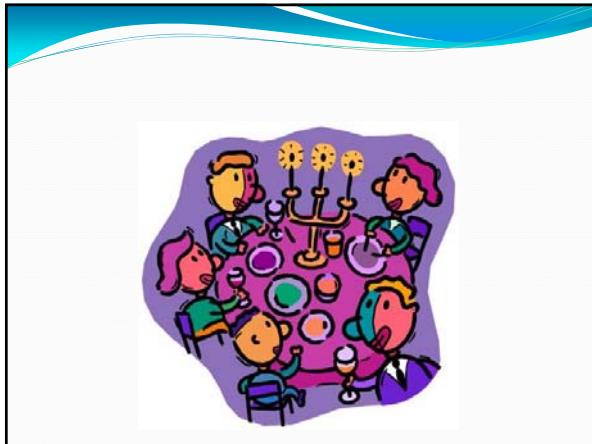


The Dining Experience

- Have they forgotten that they just ate?
- Is there a routine?
- Always, always know their eating history and patterns







Drum and Rhythm Circle

“Rhythms of Wellness”
This is what feeling better
sounds like!
Marcia Brenowitz 3.10.10

A graphic of a musical staff with several notes. Above the staff is a stylized sun or light source with rays, and a purple treble clef is on the left.

Drum and Rhythm Circles for Celebrating Community and Supporting Wellness in our Long Term Care Homes

- Drumming and participation in group rhythm sharing is a fun, natural and effective tool in building and supporting a sense of community.
- From the earliest times in man’s history, people have gathered together among clans and tribes to make sounds and use rhythms to celebrate, build unity and enjoy leisure time.

Research points to the many physical and psychological benefits of drumming and participating in rhythm activity:

- a sense of belonging
- a reduction in stress
- an opportunity to experience self expression and creativity
- range of motion exercise in a fun mode
- relaxation



Who can participate?

There is a role in the music circle for every resident and staff member in your home!


- Some will be physically capable of reaching out to bang a table drum or a djembe type drum on the floor. Others will be able to tap along using a smaller hoop type drum which they hold in their lap. Some will be able to follow the rhythm pattern and others will add a creative flair with their individual spontaneous playing.
- There are a number of rhythm instruments which can be enjoyed by people who cannot drum related to contractures, spasticity, hemi paralysis or any condition that limits their mobility.

Why Drum?

- Drumming is accessible
- Drum is a user friendly instrument
- Drumming is immediate
- It is inclusive
- It allows for self expression without words
- It allows for communication - across cultures, ages and disabilities


Why Drum?

- Drumming releases stress
- It brings people together in joy!
- It helps build a sense of community
- It is great for range of motion




- The drum and rhythm circle can also provide a fun way for care partners to spend time with resident community members
- Hospice staff, physical and occupational therapy staff, restorative program assistants and mental health clinicians can accompany resident community members to the drum and rhythm circle and join in either as a therapeutic exercise or just for a fun shared experience.
- Family members can add to the activity too-either as participants or enthusiastic audience.

- Those who do not wish to hold an instrument can contribute by clapping in time to the rhythms
- there is always room for people to join in as “audience.”
- Often people who are hesitant to try something new will be willing to accept an instrument after filling in for several weeks first as an “audience” participant.



- Rain sticks can be held with one hand - the smaller ones are not too heavy for most people to turn over and play
- Hand bells are small, lightweight and generally easy to slide into the hands of people with even moderate contractures
- Tambourines can be held with one or two hands and make sound with fairly limited movement on the part of the player
- Chimes or Free notes can provide a wonderful tool for ending the session with a meditation.



What You Need!


- You will want to have a variety of instruments in order to accommodate the varying physical capabilities and limitations of your resident community participants.
- The expense of rhythm group instruments can be low as with a little creativity you can make a number of instruments and locate others at yard sales and flea markets.

What You Need!

- Build your rhythm collection by organizing fundraising through facility events such as raffles, bake sales, chili suppers, car washes and “pay to wear jeans “days
- You may be lucky and find that some group associated with your home is willing to donate one or more instruments.

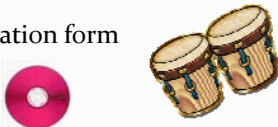
The basics for your drum and rhythm group would include:

- a room or area to play which is easily accessible and has seating
- an activity calendar which identifies the group with date and time
- an opportunity to let your residents and staff know about the group and get them interested in participating such as morning community meeting or Resident Council and Family Council.



The basics for your drum and rhythm group would include


- instruments
- a place to store instruments when not in use
- a CD player and several music CDs to play along with
- staff to help people get to and from the group
- a record of participation form




To Start

- a large table drum around which 3 to 5 participants can gather and join in playing * if this prohibitive related to expense or storage concerns then several individual tube and hoop drums can be used with just as much fun shared. Instructions for making tube drums can be found at:
- <http://rhythmweb.com/homemade/tubes.htm>
- The most common cardboard tube sizes for drums are 8", 10", and 12". These are available at Home Depot and most other local building materials stores.



- Hoop drums –these can be purchased in music stores & online.
- For residents who have limited strength, children’s hoop drums are small, lightweight and have the benefit of being less expensive..



- Rain sticks
- can be purchased for between \$12.00 and \$30.00 depending upon the size and decoration.
- Or make your own.
- Instructions can be found at www.ehow.com/how_4442958_make-rain-sticks.html & other websites.
- Tambourines –these can be found in music stores, online and also in toy stores.




- Maracas-are lightweight, fun and easy to play. You may be able to find some in South American crafts stores.
- You can also make your own using a balloon and paper maché.
- Instructions for making tube drums can be found at www.ehow.com/how_2085094_make-homemade-maracas.



Great Activity Program – Make instruments


- There are many other percussion instruments which can be purchased or made in activity crafts group.
- Instructions are available online at: <http://www.rhythmweb.com/homemade/>. You may wish to include shakers, clave or rhythm sticks, a variety of bells and wood blocks.

Music



- You will need a number of CDs available for the group to drum and play along with
- This is important in the beginning when participants are becoming comfortable with their instruments and playing together
- Lively music is best to get the group started
- Meditative music CDs can be used towards the end of the group for people to experience a sense of calm and peace.

Music



- Depending upon the interests of your circle of participants you may choose Native American music, Latin percussion music, show tunes, rock n roll, patriotic music or meditative themed music CDs.

Setting the stage/Welcoming to the circle

- The day of the Drum and Rhythm circle it can be helpful to ask the staff running morning community meeting to either remind resident members of the activity or to let you step in and invite participants.
- Take the extra few minutes to stop at your homes neighborhoods and remind staff of the drum and rhythm circle that day and ask their assistance in helping participants get to it will increase your attendance.
- Remember to let staff know they are also welcome at the circle.


Setting up:

- At least 20 minutes before the group starts you will want to be sure you have:
- Set up the room or area
- Gathered the instruments
- Brought in the CD player and CDs
- Set out your participation record to complete.




- It can help to attract participants to the circle if you put a music CD on while you are setting up. The music both serves as a reminder of the group and also inspires interest in what rhythms will be shared today.
- Being set up and prepared in advance allows you the opportunity to greet and welcome each participant and assist them in selecting an instrument.

- Once everyone has gathered-introduce your self and then introduce each participant.
- If your home has neighborhoods-it is helpful to mention this with the introductions “welcome Sally, this is Sally and she joins us today from Santa Fe neighborhood”.
- If you start mentioning the neighborhoods as “addresses”, you will see a shared sense of community grow as your group continues.



- If staff have thoughtfully brought residents who unable to participate and verbally engage with the participants introduce this community member to the group,
- thank them for joining and providing an audience and encourage participants to welcome this person.

- You will be rewarded in a matter of weeks with the heartwarming welcome residents will offer spontaneously when this person is assisted to hear the music.
- You may well see resident community members begin to independently go to this person’s room to visit with them.



Sharing the guidelines:

- One fun way to identify the “rules” of a successful rhythm circle is to guide the participants to identify them!
- Ask participants to tell you who their favorite band is. In a home serving community members with a wide range of ages, your answers will likely range from Tommy Dorsey to Buffalo Springfield to the Beatles.
- Next, ask participants what they liked about these bands. Why were they so popular? What was special about them?

- Now- ask participants to identify what they think the bands each had to do to be successful on stage?
- Provide an image of the group walking onto the stage and the curtain rising.
- How would the band be able to perform together?
- Write the responses down on a dry erase board or large piece of paper taped to the wall.


Some of your responses will likely include statements such as “they have to start together”, “they have to listen to each other”; they have to know the songs”, and “Their equipment has to work”.

- If the group is struggling with the exercise, you can prompt them by asking simple questions like “ would it sound good if they all played whatever song they wanted?” or “ Would it sound good if the drummer decided to play at a different speed than the rest of the group?”.

• Once you have discussed all the things the band does to play well together, you can use the information to talk about how your own rhythm circle can be successful:


- Listen to each other
- Play your part at tempo the rest of the group is playing at
- Follow the group leaders instructions
- Start and stop with the group

Highlight the fact that a rhythm circle is a "conversation" using the language of sound!

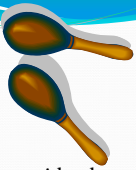


Some fun exercises

- Playing along to a CD
- Starting with one participant and having the next person join in until one by one -everyone is playing the rhythm together
- Asking participants to play to the rhythm of your feet. Stand in the center and alternate walking, hopping, slowly and quickly




A round




- Divide into 2 sides of the group. Have 1 side play one rhythm and the other play a different rhythm.
- Play rounds of "3 Blind Mice" and Row Row Row Your Boat

The rhythm of a story

- Have resident choose a word and write it on a dry erase board or large piece of paper. Weave a story from the words, when you use someone's word-point to them and have them play their instrument.



Rhythms with intention



- Play with intention.
- Ask participants one at a time to name someone or something they wish to play for
- Have them start the rhythms and then have the rest of the group join in.

Rhythms for an audience



- Play to practice. Participants can enjoy the opportunity to perform for a family night or another home's residents.
- It can be great fun gathering to practice for an opportunity to share rhythms with others.

Concluding the circle

- You can end the group by asking everyone involved to participate in heartbeat drumming. This is drumming together to the natural heartbeat we all experience even before we were born,
- Alternatively, the people with soft melodious instruments such as chimes may be asked to play softly while participants close their eyes and breathe quietly to their own imagery or an image provided by the group facilitator.


Consider gentle stretching

- Once all the instruments have been gathered you may wish to lead participants in some simple stretching exercises including:
- Reaching arms forward and stretching fingers out
- Rotating wrists in circles in both directions
- Shaking hands and fingers out
- Taking several deep cleansing breathes.

- Thank each participant for attending and welcome them to come back for the next circle.
- If staff assists residents from the group-thank them for their assistance and support of the activity.
- Complete participation records and put instruments, CD player and music CDs safely away so they are ready for use with the next drum and music circle!

- ### Cleaning the rhythm instruments
- After the circle has concluded wipe the instruments with antimicrobial hand wipes or the cleaning product indicated in your homes policy.
 - If a skin tear or abrasion has resulted in blood getting on an instrument, wear gloves and wipe the instrument clean with a solution of 1 part bleach to 10 parts water a, allowing it to air dry.

Drum and Rhythm Circle Resources



Books

- Drum Circle Spirit: Facilitating Human Potential through Rhythm (Performance in World Music Series) (Paperback)
By **Arthur Hull**
Ships from and sold by Amazon.com.
- The Healing Power of the Drum (Paperback)
By **Robert Lawrence Friedman** for this author
Ships from and sold by Amazon.com
- The Art and Heart of Drum Circles (Paperback)
By **Christine Stevens**
Ships from and sold by Amazon.com

Instructional DVDs

- Remembering How to Drum: Djembe Technique
Director: **Jeremy Williams**
Ships from and sold by Amazon.com
- Drumming and Wellness for Adults: Robert Lawrence Friedman (Stress Solutions, Inc.)
Ships from **American Camp Association** Bookstore

Drum and Rhythm Circle Supplies

- The Healing Drum Kit -Drumming for Personal Wellness and Creative Expression
by Christine Stevens
- <http://www.musiciansfriend.com/>
- <http://www.x8drums.com/>
- <http://www.westmusic.com/>
- <http://www.teachingplanet.com/>
- ebay.com-enter percussion, drums, rhythm instruments
- <http://www.musicmotion.com/>
- www.remo.com
- www.boomwhackers.com
- www.drumfun.com
- <http://www.musictherapyinstruments.com>

Drum Circle Websites

- <http://www.givingtreemusic.com/drumcircles.htm>
- <http://www.drumcircles.net/>
- <http://www.rhythmweb.com/circle/>
- <http://drumjourney.com/>
- <http://remo.com/> click on Health Rhythms and also Drum Circles
- http://worldmusic.about.com/od/instrumentation/ht/star_tdrumcircle.htm
- <http://www.communitydrumcircle.com/>
- <http://www.communitydrums.com/>
- <http://www.ubdrumcircles.com>

Drumming and Rhythm Benefits - Website Articles

- <http://soundsforhealth.blogspot.com/2008/10/drumming-documented-medical-benefits.html>
- <http://www.hands-on-drums.com/wellness/healthrhythms/hr-research/hr-interview/index.html>
- <http://www.healthysounds.com/feature10.html>
- http://www.awarenessmag.com/julaugo/JA9_DRUM.HTML
- http://www.iritones.com/drumtherapy-article_6.htm

Relaxation



Food For Thought

1. There are a million and one things I must do
2. A thousand and one things I ought to do
3. A hundred and one things I should do


BUT only one thing I NEED to do...
Look after me...without whom there is no 1, 2, 3

Relaxation Response

- Fight or Flight Response
- Also known as Stress Response
- Our body's primitive, automatic, inborn response that prepares the body to "fight" or "flee" from perceived attack, harm or threat to our survival
- This is hard-wired into our brains into the hypothalamus which sends messages to release adrenaline and cortisol
-


Relaxation Overview

- Relaxation Methods help us deal with stress
- "Real Relaxation"
- Since we respond to stress in different ways we need to find our own ways to relax



Benefits of Relaxation

- Slow heart rate
- Lower blood pressure
- Slow breathing rate
- Increase blood flow to major muscles
- Reduce tension and chronic pain
- Improve concentration
- Reduce anger and frustration
- Boost confidence to handle problems




Common Relaxation Techniques

- Controlled breathing
- Progressive muscle relaxation
- Guided Imagery & Visualization
- Meditation and Mindfulness
- Visualization




Controlled Breathing

- Focus is on making each breath as effective as possible
- Promotes more oxygen into the bloodstream





Progressive Muscle Relaxation

- Focus is on slowly tensing and relaxing each muscle group
- Learn to recognize difference between muscle tension and relaxation




Guided Imagery & Visualization

- Focus in on directing thoughts and forming mental images to take a visual journey toward a relaxed focused state



Meditation and Mindfulness

- Focus is on quieting the busy mind
- Intention is not to remove stimulation but to direct concentration to one healing element – one sound, one word, one image, one breath
- When the mind is “filled” with the feeling of calm and peace it cannot worry, get stress out our or depressed




Guidelines for Meditation

- Put your expectations aside and don't worry about doing it right
- Don't meditate on an empty stomach – or a full stomach
- Find a quiet comfortable place to meditate
- Eliminate as much noise and potential distractions as possible


Guidelines for Meditation

- Find a comfortable position
- If it does not go against your beliefs, call on a “higher power” for assistance with your meditation
- Observe the thoughts as they go by in your mind and when you find yourself focusing on a thought redirect your mind back to the moment




Getting the Most Out of Your Relaxation Practice

- Set aside time in your daily schedule
- Don't practice when you are sleepy
- Choose a technique that appeals to you



Considerations for Adapting Relaxation Techniques

- Disability is not a barrier to the benefits
- Techniques may require modifications
- Adaptation guidelines
 - Adapt only when necessary
 - View adaptations as temporary
 - Adapt on an individual basis
 - Adapt for congruence
 - Adapt for availability




Developing Your Own Resources

- Recording your own script
 - Speak slowly and in a calm tone
 - Leave long pauses between sentences
 - May take several tries to get it right
- Background music or sounds
 - Classical
 - New age and soft jazz
 - Select sounds you like i.e. sounds from ocean

Resources

- See handout




Introduction to Therapeutic Touch

Developed by Dolores Krieger, RN, PhD and Dora Kunz



Definition of Therapeutic Touch

Therapeutic Touch®
Is a holistic, evidence-based therapy that incorporates the intentional and compassionate use of universal energy to promote balance and well-being.



Therapeutic Touch

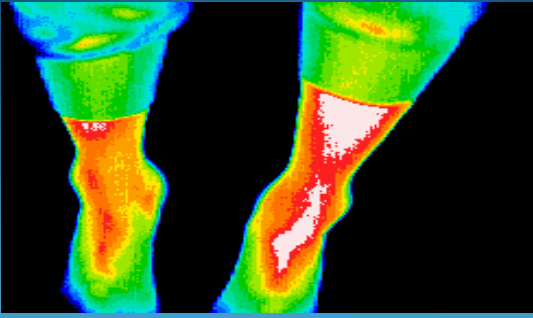
- It is based on learned skills for consciously directing or sensitively modulating human energies
- In TT healing is regarded as a conscious full engagement of one's own energies in the compassionate interest of helping someone in need

Therapeutic Touch

- It can work in conjunction with all traditional as well as contemporary healing & helping modalities
- It does not have a religious context
- It's effects do not rely on the healee's faith or on placebo effects
- Since it's inception in 1972 it's development has been based on modern research findings

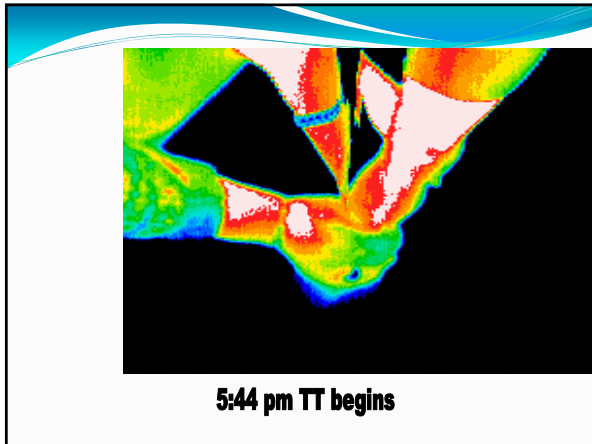
Thermographic Scanning and Therapeutic Touch

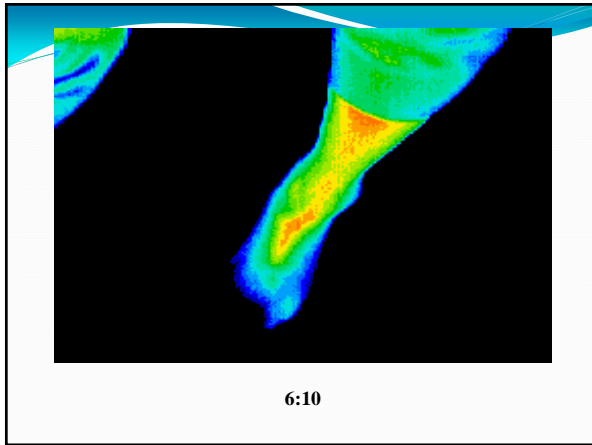
Therapeutic Touch for Sprained Ankle

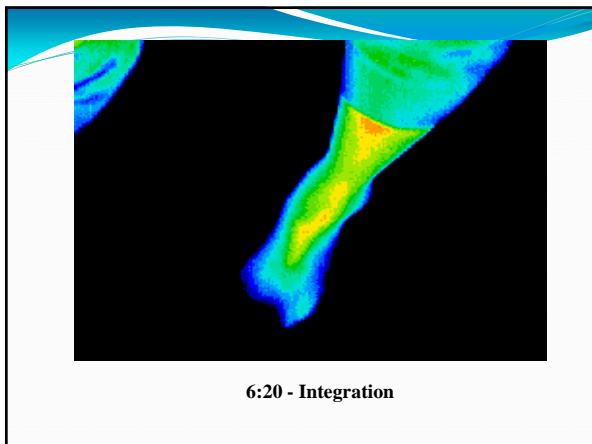


4:51 pm baseline

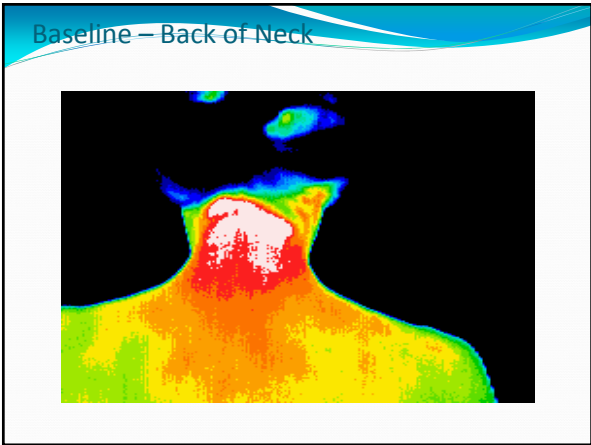
The image shows two side-by-side thermographic scans of a human ankle. The left scan shows a baseline temperature distribution with a mix of green, yellow, and red. The right scan shows a significant increase in red and white areas, indicating higher temperatures, particularly around the ankle joint, which is characteristic of inflammation or injury. The text '4:51 pm baseline' is positioned below the scans.

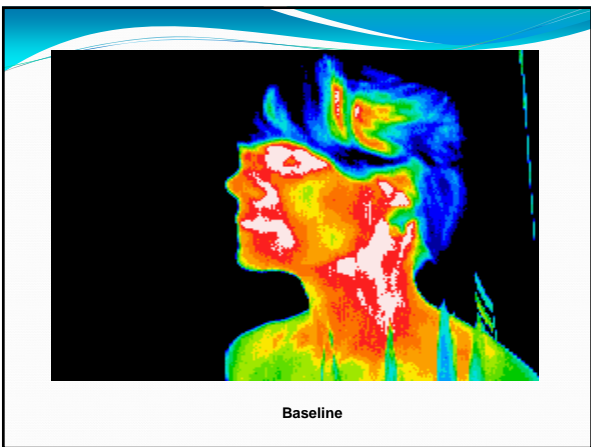


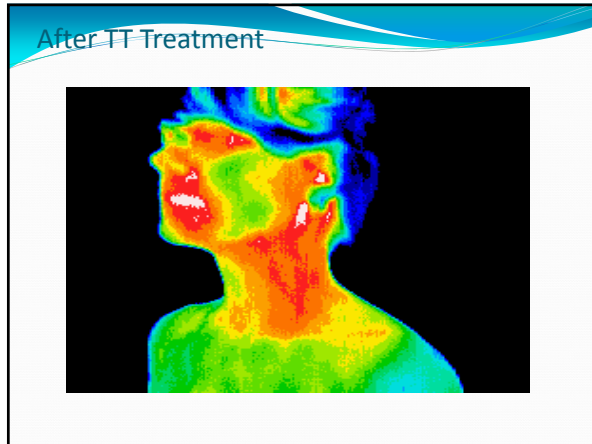




Therapeutic Touch in Combination
With Healing Images Technique
(emotional release) for Acute Pain
in Neck and Shoulders













Therapeutic Touch is Research Based

TT Practitioners

- Have a strong motivation to help or heal from a point of compassion
- Have the intentionality to see this come about

Healees

- Must have a willingness to change or be helped or feel better

HEALING

TT is a method of “healing” which utilizes the energy field surrounding the body to reach and touch the individual at all levels of experience

BODY, MIND, EMOTION, SPIRIT

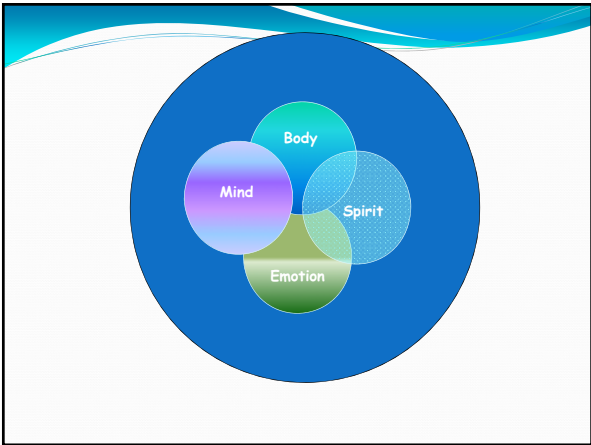
Healing

Healing refers to the integrating tendency within the individual as a whole

The focus is on the process of balancing the energies of the total person, rather than on treatment of a specific disease.

HOLISTIC HEALTH

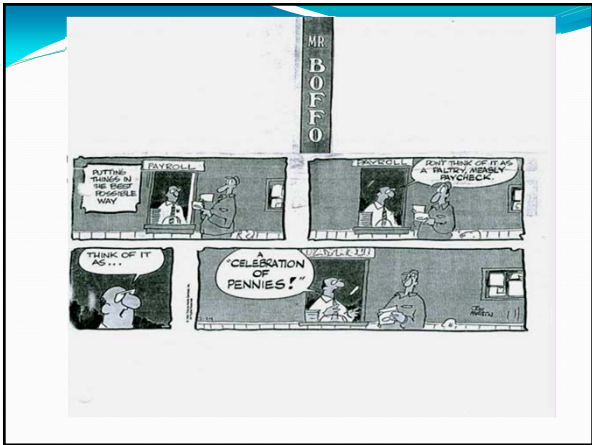
- Definition developed by the American Holistic Nurses Association
- HOLISTIC HEALTH is the state of BODY, MIND, EMOTION, SPIRIT within the framework of an ever changing environment

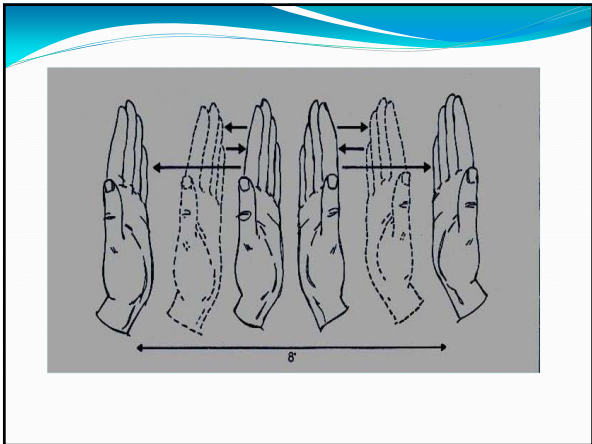


Alternative Versus Complementary

- With alternatives you do holistic modalities instead of going to the doctor and being treated traditionally or allopathically
- With complementary you go to the doctor and get treated and try other holistic methods, such as herbs, stress management techniques, vitamins, acupuncture, etc.

WELLNESS IS
BEING
ALL
THAT YOU ARE CAPABLE
OF
BECOMING





What Can TT Do?

1. RELAXATION
 - Rapid relaxation response, often occurring in as little as two to four minutes

Relaxation

- How can you tell when a person relaxes?

What TT Can Do

2. PAIN REDUCTION
 - Clinically there is a significant amelioration or eradication of pain
 - Many terminally ill patients, once freed from the stress of persistent pain, are able to go on to a peaceful transition

Pain Reduction

How TT works with pain.

Asks for meds, meds not available

No pain

All consuming pain

What Can TT Do?

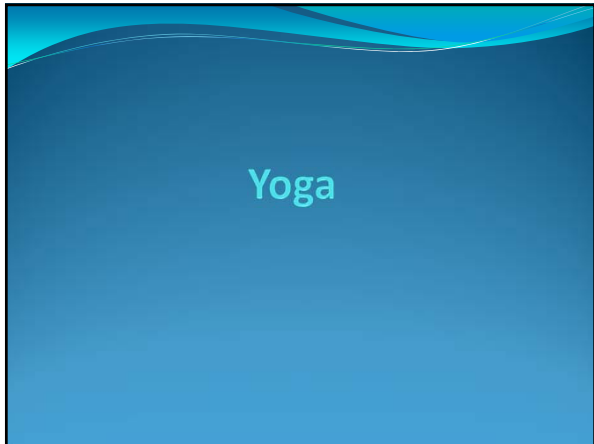
3. ACCELERATED HEALING PROCESS

- Primarily because the relaxation response and relief from pain have positive effects on the healee's immunological system.
- TT accelerates the healing process i.e. In the healing of bone fractures, with TT, good callus formation (the precursor to bone development) can be seen in x-rays in about 2 ½ weeks rather than the six weeks it usually takes

What Can TT Do?

4. ALLEVIATION OF PSYCHOSOMATIC ILLNESS

- Of the physiological systems that are most sensitive to TT, the most sensitive is the autonomic nervous system
- TT deals best with many of this system's dysfunctions, which are at the heart of what are known as psychosomatic illnesses
- It is the sensitivity of the ANS to TT that creates the consistent & rapid relaxation response



Description of Yoga

- Yoga is not a religion
- Health Benefits include
 - Better Sleep
 - Reduced Stress
 - Better Mobility
 - Improved Respiratory Function

VIVAGE 152

Health Benefits of Yoga

- Sleep
- Strength/Arthritis
- Diabetes
- Hypertension
- Mood/Anxiety
- Chronic Pain
- Lung Problems/ Breathing Difficulties

VIVAGE 153

Sleep

- Older adults often have difficulty falling & staying asleep.
- This reduces daytime alertness
- Yoga helps calm people and has been shown to aid in better sleep

VIVAGE 154

Strength/Arthritis

- It has been show that there is measured improvement in hand grip in people with rheumatoid arthritis and elders whose grip might be weaker - following yoga training.

VIVAGE 155

Diabetes

- Study at University College of Medical Sciences in New Delhi in 1993 found 30-60 year old people with Type II diabetes who followed a 4 minute per day yoga regimen – showed significant decrease in fasting blood sugar levels

VIVAGE 156

Hypertension

- Study at Bhabha Atomic Research Center in Mumbai, India with people who had mild to moderate hypertension
- After 3 months of 1 hour daily yoga (ages 35-55) experienced a decrease in blood pressure

VIVAGE 157

Mood/Anxiety

- Harbor-UCLA Medical Center (Gaur, 2001) studies the effects of yoga on stress levels
- All in the study expressed that their mood and anxiety levels were improved

VIVAGE 158

Chronic Pain

- Study at Harbor – UCLA Medical Center (Gaur, 2001) found pain either improved or was maintained after 4 weeks of practicing yoga

VIVAGE 159

Lung Problems/Difficulty Breathing


- Breathing difficulties in 86 bronchial asthmatic were treated by a Yoga-chair breathing procedure
- 70% of the breathing stress was relieved within about 30 minutes

VIVAGE 160

Yoga Poses

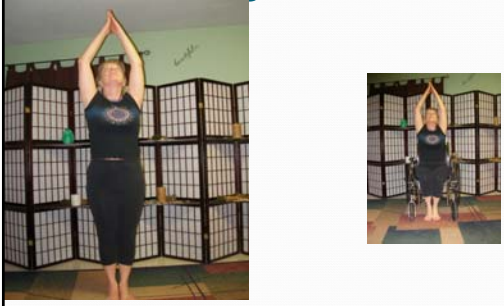
VIVAGE 161

Lotus Pose




VIVAGE 162

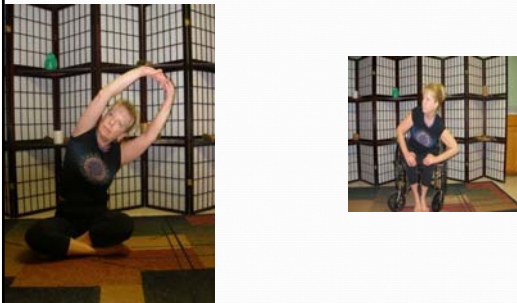
Mountain Pose

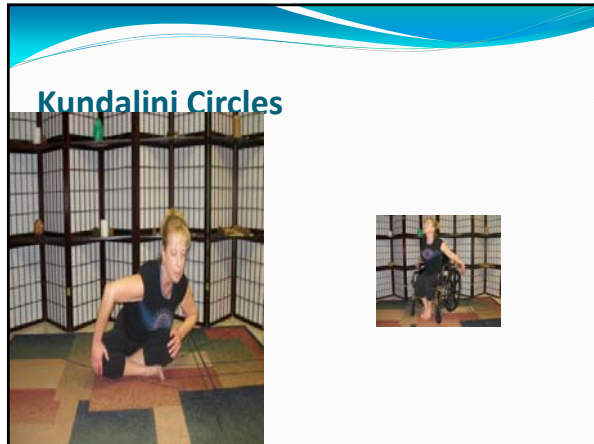


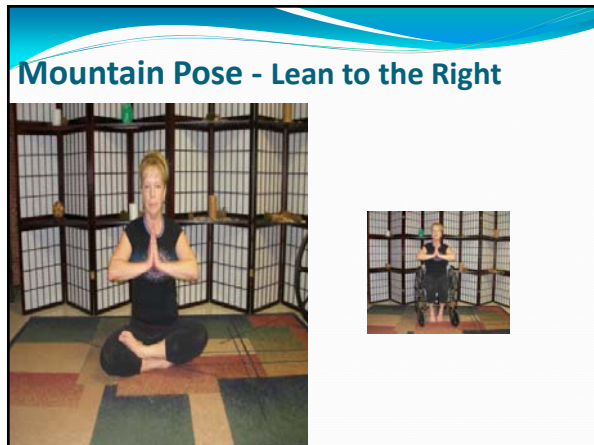
Mountain Pose – Sitting on floor



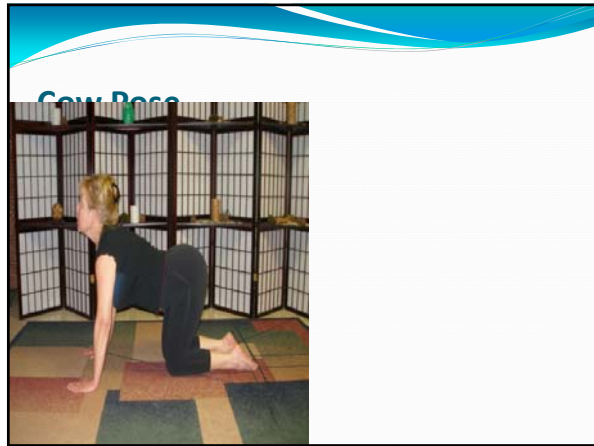
Mountain Pose – Lean to the left

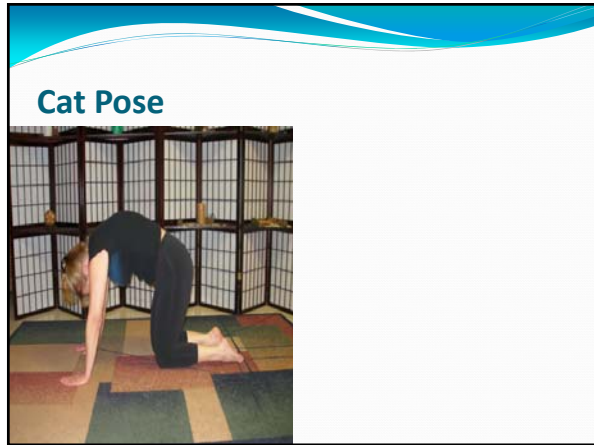


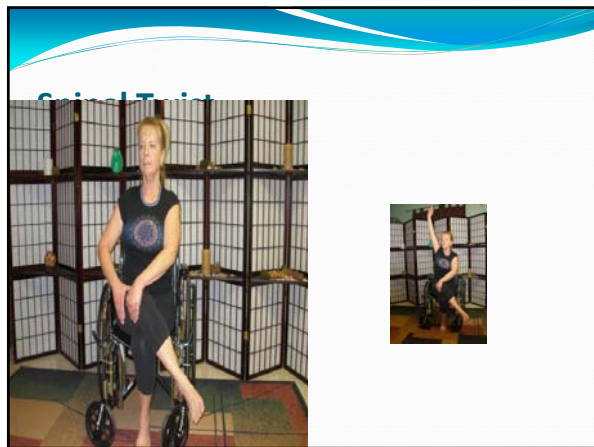




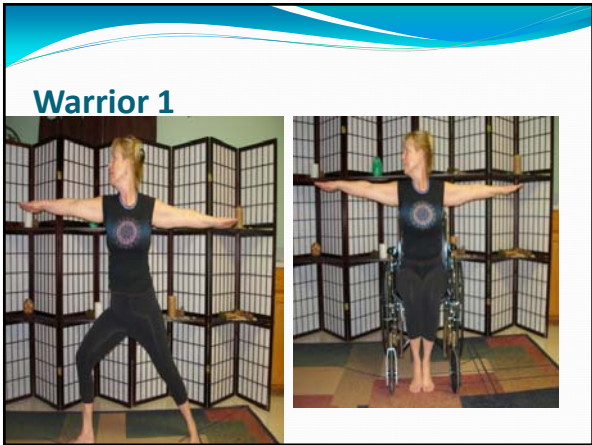














Relaxation

- Focus on the breath
- Relax the body
- Empty the mind of external thoughts
- Relaxing music.

VIVAGE 175

Relaxation