

Assignment 5

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Unit 5

HW499 Bachelors Capstone in Health and Wellness

Stress Management/Prevention and The Use of Complementary and Alternative Medicine

Course Syllabus

In this three-week course you will learn about dealing with stress, relaxation techniques, and critical issues for management and prevention. Throughout the course you will also learn about three modalities in Complementary and Alternative Medicine; meditation, yoga, and massage therapy. A brief history and practical applications will be given.

Material will be presented in an interactive way during a face-paced, three-week class that will be presented in three, 90-minute class periods to help you better learn and understand the material. A variety of media will be used to help cement the concepts presented in this class.

Course Outline

Session 1- Dealing with Stress

- Brief History
- Coping Strategies
 - Professional Standards/Safety and Ethical Considerations

Session 2- Relaxation Techniques

- Brief History
- Practical applications
 - Professional Standards/Safety and Ethical Considerations

Session 3- Critical Issues for Management and Prevention

- Background Information
- Practical applications

Complementary and alternative medicine (CAM) is an array of modalities not typically used by Western Medicine. When we discuss complementary, these would be therapies used alongside more typical modalities in Western medicine. Alternative would be more non-traditional modalities. The term “Integrative Health” has been used to describe the incorporation of evidence-based CAM therapies in conjunction with traditional therapies to enhance overall health (Complementary and Alternative Medicine, 2016). CAM therapies have been in practice for hundreds of years throughout the world. It has become more mainstream in recent years and have been shown to be quite effective. Through this course we will highlight meditation, massage therapy, and yoga as CAM therapies that can help to deal with and manage stress.

Session 1) Dealing with Stress

- What is Stress? Here is some background on the nature of stress.
 - Key Learning Point: Stress is the experience of perceived threat (real or imagined) to one’s mental, physical, or spiritual well-being. Stress can be the result of a series of physiological responses and adaptations (Seaward, 2017).
 - Key Learning Point: Stress can be linked to all the leading causes of death which can include heart disease, cancer, lung ailments, and suicide among others. Some health experts now speculate that perhaps as much as 70-85 percent of all diseases and illnesses are stress-related (Seaward, 2017).
 - Key Learning Point: Stress, it seems, knows no age, race, gender, religion, nationality, or socioeconomic class. For this reason, it is called “the equal opportunity destroyer”, for if it is left unresolved, stress can undermine every aspect of our lives (Seaward, 2017).

TED Talk- Kelly McGonigal- How to make stress your friend- 14:17 run time

[How to make stress your friend](https://www.youtube.com/watch?v=RcGyVTAoXEU)

<https://www.youtube.com/watch?v=RcGyVTAoXEU>

Response:

- After viewing Kelly's talk please write and 2-3 paragraph response. The topic of your response should state your opinion about whether you see stress as something we can suppress or need more concrete applications for management.
- Physiology and Psychology of Stress (Hand Out #1)

Hand Out #1- Physiology and Psychology of Stress

The Physiology of Stress

Information to Remember:

Key Learning Point: The inability of the body to return to balance due to the exposure of chronic stressors can have significant effects on the cardiovascular, digestive, musculoskeletal systems, and now research indicates the immune system is affected as well (Seaward, 2015).

Key Learning Point: Prolonged stress can have tremendous physiological effects on one's memory. Prolonged exposure to stress keeps levels of cortisol elevated which can have two effects on memory. Increased levels of cortisol boost the formation of memories, but can hinder their recall (Munoz, 2013).

Key Learning Point: The mind-body connection can be interrupted in two ways. One possibility being suggested are the bioecological or human-made influences which distort some aspect of the human energy field (Seaward, 2015). The other possibility for interruption in the mind-body connection are the toxic thoughts can interrupt our energy field at the emotional level (Seaward, 2015). Through mindfulness, we can become in tune with our body and help re-center our energy fields to come back into balance.

Psychology of Stress

Information to Remember:

Key Learning Point: Consequences to our emotional and spiritual health from stress reside in anger and fear. Dr. Redford Williams cautions against feelings of unresolved anger that can produce serious health problems like ulcers to coronary heart disease. Depression can be the result of unresolved stress emotions (Seaward, 2015).

Key Learning Point: The stress emotions are anger, fear, and joy. Emotional well-being, as defined in the wellness paradigm, is the ability to feel and express the entire range of human emotions and to control them, not be controlled by them (Seaward, 2015).

Key Learning Point: Communication is key in the information age and can aid our management of stress. The more effective our communication skills are, the more effective we will be at managing our own stress as well as the stress of those around us.

By establishing healthy boundaries with technology and being present when involved with face-to-face interactions we will decrease miscommunication dramatically (Seaward, 2015).

Activity: Screen Time and Stress

Please give each answer in paragraph form (minimum of four sentences).

Given a typical day:

How much time (roughly) do you spend on social media, television, etc.?

Do you feel like you communicate less face-to-face with the amount of technology available today?

Are interpersonal communication skills something of the past? Why or why not?

Explain how screen time and lack of face-to-face communication can add additional stress to an individual's daily life.

(end of handout)

Session 2) Relaxation Techniques

Key Learning Point: The five senses can help detect and manage stress in our bodies. Relaxing thoughts promote the relaxation response which causes the body's five senses to deactivate from stressful stimuli (Seaward, 2015). When our body returns from the relaxed state to our physical world, we are re-centered and better equipped to deal with the stress we are experiencing.

Key Learning Point: Physical relaxation can benefit the mind and body. Meditation is known to have beneficial effects on the mind and body. Mood states, immune function, sleep, chronic pain, and various aspects of mental, emotional, and physical well-being are all benefits to the body that come from regular exercise of mediation (Seaward, 2015).

Key Learning Point: Meditation has an impact on stress reduction. It can also benefit overall well-being. Restrictive meditation is a form where concentration is focused on one object to

the exclusion of all other thoughts, to increase self-awareness and promote relaxation (Seaward, 2015).

Assignment (to be completed in class):

Diaphragmatic breathing is an effective relaxation technique. There are four phases that make up ventilation; there is phase I which is inspiration, phase II is a very slight pause before exhaling, phase III is exhalation, and phase IV is another very slight pause after exhalation before the next inhalation is initiated (Seaward, 2015). What makes diaphragmatic breathing effective? What are three steps to engage in this technique? List out three effects of meditation on the mind and body. What three ways in which visualization and imagery can be useful for relaxation.

Meditation:

For a brief history go to link below and follow the module for meditation through the first 9 slides. [Introduction to Meditation](#)

- Training and Certification

Note: There is no state/federal regulations concerning the teaching or leading of meditation. Training and certification will vary greatly on what discipline the teacher follows. It is important to ask prospective teachers about their philosophies, teachings, and training to see if it is the right fit for you.

- Types of Meditation

1) Transcendental Meditation (TM)

The concept of TM is relatively simple. Students are given the mental device of a personal mantra (a word or sound) to repeat silently over and over again while sitting in a comfortable position. There may not be meaning to the mantra, used more for the sound. The sound helps to focus the mind and make it easier to achieve concentration.

If thoughts other than the mantra come to mind, the student is asked to notice them and return to the mantra (Learning Modules for Healthcare Professionals, 2020).

2) Mindfulness

Mindfulness or insight meditation are Western terms used interchangeably to describe the Buddhist practice of vipassana meditation (Learning Modules for Healthcare Professionals, 2020).

Intense awareness and insight by becoming a detached observer of the many distractions until their nature and origin is recognized and a greater sense of emotional balance or wellbeing is restored.

Practitioners initially focus on the breath and then practice a relaxed attention on feelings or perceptions as they arise (Ludwig, et al, 2008).

Modules for Theories and Principles, Evidence, Applications, and Training and Certification

If hyperlinks do not work, try copying and pasting the link below into Chrome for the modules.

http://www.cshmodules.umn.edu/Integrativehealingpractices/med_rlo_sq.php?runningtitle=Meditation

Session 3) Critical Issues for Management and Prevention

Key Learning Point: Progressive muscular relaxation (PMR) is a supplementary relaxation technique in managing and preventing stress. PMR is beneficial in decreasing levels of muscle tension as well as increased overall awareness of muscle tension which can be a direct result of stress (Seaward, 2017).

Key Learning Point: Incorporating mindfulness into daily practice can have physiological effects on our well-being. Mindfulness has been found to control heart rate, ventilation, and blood flow (Seaward, 2017).

Key Learning Point: A Stress Management and Prevention Program can be a useful resource in managing and preventing stress and can be an aid in the wellness profession. A successful stress management plan is to cultivate and utilize our inner resources (Seaward, 2017).

○ Massage Therapy

Hand Out #2- My Research Paper on Massage Therapy. Read the paper and write a 1-2 page response outlining your thoughts on the effectiveness of massage therapy on stress. This will be completed in class.

Complementary and Integrative Medicine:

Massage Therapy

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To start my research paper I must first define the word holistic and how it relates to this paper. According to Webster's dictionary, the word holistic means relating to or concerned with wholes or with complete systems rather than with the analysis of, treatment of, or dissection into parts. I decided to work with a massage therapist for my final project.

History

A blog published on the Northwestern Health Sciences University website titled How to Become a Massage Therapist, states the definition of a massage therapist as one who is a trained

and licensed professional that practices manual (hands-on) movement of soft tissue to enhance a person's well-being. Soft tissue can be muscles, connective tissues, tendons, and ligaments (How to Become a Massage Therapist, n.d.). Yes, massage therapy has roots in Ancient China and Egypt, Ayurvedic Medicine, and even Japan and Ancient Greece. I am going to look at the more modern history of massage therapy. In the U.S., massage therapy dates back to colonial times. Medical rubbers were hired by surgeons to assist patients with rehab following surgery, and with treatment of lameness and joint disease in the 1700's (Benjamin, et al, 2015). We then move to medical gymnasts which came to America in the 1850's (Benjamin, et al, 2015). Their modality used a system of movement and manipulation to promote health, prevent disease, and treat illness and injuries (Benjamin, et al, 2015). Fast forward to the 1930's where Swedish massage evolved. It is not what we know as Swedish massage today. Swedish therapists used soft tissue manipulation, movements, hydrotherapy, and electrotherapy for use to promote general health to rehab from injuries (Benjamin, et al, 2015). Lastly, in the 1990's massage therapy took the shape of what we know it as today. More states began to create licensing laws for practice from 17 in the 90's to now 45 today (Benjamin, et al, 2015).

Current Scope of Practice

People seek massage therapy to reduce stress and anxiety, relax muscles, rehabilitate injuries, reduce pain, and promote overall health and wellness (Massage Therapy for Pain Management, 2019, Sep 9). How do you know that a practitioner you are going to schedule an appointment with is a reputable massage therapist? A practitioner should have a reputable certification. You should also have a practitioner that is competent in their practice. Standards of Practice also give the practitioner clear expectations for professional behavior when practicing. The Standards of Practice for massage therapy adopted by the National Certification Board for Therapeutic Massage & Bodywork Inc. (NCBTMB) are professionalism, legal and ethical

requirements, confidentiality, business practices, roles and boundaries, and prevention of sexual misconduct and inappropriate touch (NCBTMB, 2017). Practitioners use these standards developed by NCBTMB board members and fellow massage therapist professionals to guide their personal practice and/or business. These standards assure the consumer that the services they are being provided by a massage therapist are being done in an ethical, compassionate, and responsible manner.

Economical and Social Impact

Massage at one point in time was seen as a luxury and not a means to maintain and even improve health and wellness for some individuals. Rather than spending an enormous amount of money to cure back pain, for example, one might opt for massage therapy in order to save costs in the long run. For those who are not covered by an insurance plan, the cost of massage therapy lies solely on the individual paying for services out of their own pockets. Growing evidence supports the value that massage therapy offers to integrated healthcare systems for a range of patient health conditions, patient care, and reduction of overall costs (Cutler, N., 2008). Massage therapy can help patients post-surgery and those with back pain among other illnesses and medical conditions. When massage can be used in place of incurring costs of doctor visits to diagnose (MRIs, medical tests, etc.) and treat back pain, consumers will save money in the long run. For example, in a 2009 study, it was found that over 50% of postoperative cardiovascular surgery patients receiving massage had significantly decreased pain, anxiety, and tension (Cutler, N., 2008). And I think if we look at the bigger picture, that would be a bigger savings on healthcare, as a whole, with others seeking alternative treatments (like massage therapy) instead of traditional medicine with traditional costs for doctor visits, hospital stays, post-op care, etc. that would not be incurred by those patients who see integrative practitioners. Massage therapists who educate the public, and their clients, on the effectiveness of their treatments and their cost-

effectiveness will benefit from today's crunching of budgets when it comes to healthcare costs (Cutler, N., 2008).

Journal Articles

I have found evidence of support for the use of massage therapy to treat ADHD in children and the benefits of hot stone massage for patients currently on Hemodialysis. As of 2016, a national survey of children's health estimated that 6.1 million children aged 2-17, living in the U.S. had received a diagnosis of ADHD (Chen, et al, 2019). More times than not, patients are prescribed medication to treat ADHD. Some of the types of massage used were Swedish Massage, craniosacral, and manual lymph drainage manipulation (Chen, et al, 2019). In the study, massage therapy was found to be more effective than methylphenidate (medication) and routine care. In an article published in the Journal of Research in Medical Sciences, there is a positive effect shown for those patients who are going through Hemodialysis that received a hot stone massage. The main focus of this article was the impact of the hot stone massage on the sleep quality of those patients who are going through treatments for Hemodialysis. The massage seems to produce local biochemical changes, which might lead to decreased amounts of pain, anxiety, and depression by the increased levels of serotonin and endorphins in the body (Ghavami, et al, 2019). Hot stone massage is the placement of heated basalt stones on specific points of the body (Massage Therapy for Pain Management, 2019, Sep 9).

Practitioner Interview

Unfortunately, due to the nature and setting of massage therapy for the practitioners that I used, I was unable to get observation time for sessions. I was able to interview my brother (Jake Bronowski) who is a massage therapist for the MLS champion Seattle Sounders. One of the things that I took away from our interview was that he found building relationships with his clients. He is able to work with the players but also has general clients as well. Making those

personal connections is paramount to his enjoyment as a massage therapist. Jake feels that massage is a very powerful tool for healing and human connection. One drawback to the profession is the late hours in the evening and on weekends. That is time that is taken away from friends and family. I asked Jake if he had any advice for someone going into massage therapy and he replied, “ask questions, be kind, be open to opportunities, be cautious of the energy you give and take on, find time to heal yourself, and approach each session with unconditional positive regard.” I felt it was pretty profound to be aware of the energy that you would be giving off during a session and self healing is so important to any profession in my opinion.

Self Reflection

I feel like I have a very good grasp of what massage therapy is and how it is helpful. Although most of my initial work was with my local massage therapist and I was unable to complete my interview with her due to some personal issues with her family, I felt she was very helpful in our phone conversations and emails. She offered so much information and was always willing to help when she could. The only real issue that came up was not being able to interview her. Instead, I interviewed my brother who works with general clients as well as professional athletes. My local practitioner incorporates aromatherapy in her sessions and also can do assessments of movement with first time clients. She was able to get a general sense of problem areas to target or existing conditions in the initial interview/session with a client during their first session. Massage therapy is being used in conjunction with traditional medicine. Some insurance companies are starting to cover massage as valuable preventative medicine. Hospitals and clinics employ massage therapists. Research articles are being published validating the efficacy of massage therapy. Another thing to point out from my interview with my brother that really hits home to validity of massage therapy and its benefits is that there is a continued evolution of our National Certification Board (NCBTMB) which helps to validate the profession as a

legitimate treatment option for a lot of physical ailments. Massage can definitely help supplement traditional medicine in many cases.

My ideas regarding CIM have greatly changed through this project and the course this term. Self-care is so important and there are a multitude of ways to go about that. CIM is able to help so many conditions, both chronic and other illnesses. I have never been a fan of traditional medicine more to the fact of the red tape. Through this experience I have learned that there are many avenues to promote and maintain health. Massage therapy has definitely peaked my interest and may be something I explore more after finishing my degree in health and wellness.

References:

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(end of handout #2)

- Yoga

<https://www.csh.umn.edu/education/online-modules-and-resources/learning-modules-healthcare-professionals>

Click the link above and select yoga and complete the module.

Local Resources

I researched CAM professions, not only in my little town of St. Joseph, Illinois (population around 3,000 people), but also in a neighboring towns of Champaign/Urbana, Illinois.

Champaign/Urbana is a university town which has about 88,000 people and add to that about 30,000 students part of the year. Being a university town, we have a wide range of CAM professions with so many different cultures represented in the area. There are massage therapists, acupuncturists, holistic medicine, oriental medicine, alternative medicine practitioners, yoga, and Ayurvedic medicine. I took my lists from searching the chamber of commerce websites for each set of towns, google searches, and from references from friends and personal experience. I have provided a listing of professions below.

Saint Joseph, Illinois

- Branson Chiropractic & Nutrition <https://www.bransonchiro.com/>
- Thompson Family Chiropractic <https://www.facebook.com/DrThompsonTFC/>
- Christine J. Walls- massage therapist- American Massage Therapy Association

Champaign/Urbana, Illinois

- Klepzig Natural Healing Clinic (nutritionist- food is medicine)
<https://www.klepzignaturalhealingclinic.com/>
- Agape Hearts & Hand Alternative Therapies Co.
- Central Illinois Natural Health Clinic <https://www.illinoisnaturalhealth.com/>
- Bensky Family Acupuncture <Http://www.jessicabensky.com/>
- Acupuncture & Oriental Medicine <https://www.healthprofs.com/us/acupuncturists/nina-wang-champaign-il/505212>
- Merry Waters- Alternative Medicine Practitioner <https://www.merrywaters.net/>
- Healing Exchange- Alternative Medicine Practitioners
- Acupuncture & Chinese Herb Center <https://acupunctureandchineseherbcenter.com/>
- Wanderlust Ayurvedic Urbana <https://wanderlust.com/artist/ayurveda-urbana/>
- Amara Yoga & Arts <http://www.amarayoga.com/>
- Hatha Yoga and Fitness <https://www.hathayogafitness.com/>

Further Readings

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Four Steps to Stop Being so Hard on Ourselves [Blog post]. Retrieved from
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