WELCOME TO OUR RESOURCE GUIDE!

It is with great joy and excitement that we share this guide with you. This guide is meant to serve as a resource manual for our families, before and after the Integrative Touch for Kids’ Healing Retreat. This manual includes descriptions of several of the therapies that are provided at the retreat, as well as some other integrative therapies that may be of interest to you. Our healing arts practitioners have provided resources and information following several of the therapy descriptions for your reading enjoyment. We look forward to any thoughts and feedback you may have regarding additional information that may be helpful for future families.
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Background

Acupuncture is a component of Traditional Chinese Medicine (TCM) that involves the insertion and manipulation of thin needles in the body. The acupuncturist examines and talks to the patient, decides which points to treat, then inserts small, disposable needles made of stainless steel. Acupuncture sites may be warmed by burning dried “moxa”, or herbs, at the external end of the needle.

Benefits

Some of the benefits of acupuncture include the treatment of chronic neck and back pain, nausea, infertility, epilepsy (seizures), and depression.

Considerations

The certification requirements for acupuncturists vary from state to state. Be sure to check the credentials of your acupuncturist – a minimum of four years of training and education is recommended. Needles used in acupuncture should always be sterile.

Resources

https://nccih.nih.gov/health/acupuncture/introduction
Classical 5 Element Acupuncture

Classical 5 Element Acupuncture is drawn from the ancient wisdom of Chinese medicine. Its reliance on the laws of nature and its ability to reach all levels of illness – body, mind and spirit – set it apart from other systems of medicine.

In Chinese medicine it is recognized that the essential ingredient of life is "Qi," the vital force that controls the function of all organs and systems in the body. Qi is the spark of life in all living things. Qi is the basis for and can be recognized through movement.

The ancient Chinese masters observed that Qi moves in cycles and they named these cycles the "Wu Hsing" or 5 Great Changes. These 5 phases of the journey of Qi became known as the five elements: fire, earth, metal, water and wood. These five elements describe the characteristics of Qi as it moves through seasons and lifetimes and as it manifests on a day to day level in nature and in human beings.

When nature is healthy Qi is flowing through its 5 phases in balance and harmony. When one of the elements is depleted or excessive in strength, the symptoms of illness result. Without water or sunshine, the tree will wither and die. Without rich earth, full of minerals, no plants will grow. When the rain is excessive, the earth is flooded and life is washed away. It is the same concept with the human body. When Qi flows in the correct strength and quality, we are healthy. In illness, the flow of Qi is impaired.
5 Element Acupuncture asserts that every person is born with a propensity to an imbalance in one of the 5 elements. This imbalance manifests primarily in the body, the mind, or the spirit and becomes the root cause of an illness. Because body, mind and spirit are inseparable and the 5 elements are all interdependent, this root imbalance will eventually show symptoms at any of the levels and in many of the elements.

The key to diagnosis in Classical 5 Element Acupuncture is discerning the root imbalance, (what we call the causative factor). Each element has a corresponding color, sound, odor and emotion that can be perceived when that element is out of balance. The Classical 5 Element practitioner is trained to see, hear, smell and feel these signs of elemental imbalance and to perceive the level at which the imbalance is rooted.

Each person is unique. Even though symptoms may be similar, each person’s causative factor is unique to them and the treatment is based on the individual need of each person.

Written by
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Licensed Acupuncturist,
Certified Classical 5 Element Practitioner
What Is A Treatment Like And How Does It Work?

Acupuncture points are located on the energy pathways called meridians. By using needles and moxabustion on selected points, the practitioner can directly affect the flow and quality of Qi.

Needles that are as thin as a hair are gently inserted into points that are chosen based on the patient’s needs at the time of the treatment. The needles are high quality stainless steel. They are sterile and disposable, thrown away after each treatment.

Manipulation of the needles can draw energy to an area that is deficient and disperse energy that is stuck. Sensations felt may vary between a mild sharpness on insertion to a brief ache or twinge ness. This is usually followed by a sense of well being and relaxation as the Qi is stimulated. I often tell my patients, "Acupuncture is pain free but not sensation free." People invariably come to associate the sensation of needling with feeling better and getting well.

Frequently, a special herb called Chinese Mugwort is used to heat the point prior to needling. This process is called moxabustion – moxa for short. We refer to it as "warming the house before the guest arrives."
A small cone of moxa is placed on the point, lit, allowed to burn, and when the warmth is felt, removed. Moxa strengthens and revitalizes the Qi as well as restoring balance. Patients grow to love Moxa because it is so nurturing. It gives the sensation of being filled with warmth and strength.

**What Happens In The Initial Exam?**

The first visit to a Classical 5 Element acupuncturist is an opportunity to get to know the patient well enough to make an accurate diagnosis. It is up to two hours long and includes an interview and treatment. The interview will cover a patient's medical history, current complaint, and a brief personal history. The Chinese pulses are taken which give the practitioner information about the state of the Qi and reveals any energy blocks.

The causative factor, based on the patient's color, sound, odor and emotion, is more accurately determined when the practitioner and patient have time to form a comfortable connection. It is requested that patients wear no make-up or scent when coming for a treatment.

**What About Follow Up Treatments?**

Follow up treatments are approximately an hour long. The patient has time to talk about what has been happening since the last visit. They discuss how they are doing on all levels and what is going on in their lives.
This is essential information for the practitioner because treatment is always based on the current situation of body, mind and spirit. Pulses are taken at each treatment. Suggestions about possible nutritional or lifestyle changes that would support healing are discussed throughout.

**How Many Treatments Are Needed?**

Acupuncture works best when done consistently until the patient is feeling better. This will vary depending on the duration and severity of the illness and the lifestyle and other factors that are contributing to it.

Typically, treatments are given once a week for 6 to 8 weeks and then spread to 2 weeks, 3 weeks and a month as healing progress is made. Once health is regained a program of maintenance is decided.

Classical 5 Element Acupuncture is a preventative system of medicine as well as curative and it is recommended that patients come in for periodic tune-ups. The pulses can often reveal if anything is going wrong even before it manifests as symptoms. Most of us take our cars in for regular maintenance – our bodies and health being our greatest investment – should not receive any less care.

**The Five Elements**

The gifts and powers of all the 5 elements are within each human being. When healthy and in balance, we can utilize the energy of each element as appropriate.
**Fire**
The season of Fire is summer, when the days are long and warm and human connection is at its most expansive. The gifts of Fire – love and joy – are heightened at this time when nature blooms. The sense of community, freedom and fun, enhance all our relationships.

![Fire Image]

The future has become real and our hopes and dreams are realized when Fire is at a healthy glow. Communication and understanding depends on the Fire element from which the emotion of Fire – Joy – grows. The sound is laughter and the color, red. We give and receive in equal measure when the Fire element is in balance.

**Earth**
The Season of Earth is late summer, the time of bounty and harvest. The nurturing energy and unconditional love of the mother is found in this element. When Earth is strong we feel a relaxation and a sense of security because we have stored enough to survive the coming winter. Our connection to nature is alive and so we feel at home anywhere we are. When spirit is rooted in healthy soil we are fed by life and grow strong and vibrant. The emotion of earth is sympathy, growing from the compassion of the mother. The sound of the voice is singing like a mother singing to her child and the color is yellow like golden wheat ready for harvest.
**Metal**

The season of Metal is autumn – a time of letting go of the old so that we can take in the new. The leaves fall and decompose enriching the soil so that new growth can come in spring. Metal provides our connection to the heavens. As we inhale that spark of energy that keeps us alive, we also breathe in the inspiration and richness that keeps spirit strong.

Our connection with the father – a source of wisdom and guidance – comes from Metal. When Metal is healthy, the inner divine spark is bright and we value others and ourselves. The sound of Metal is weeping, and the emotion is grief, as one would cry and feel when cut off from that divine inspiration inside and we feel lost, adrift at sea. The color is white – the color of purity, like precious jewels.

**Water**

The season of water is winter when nature goes deep within. All seems quiet on the surface but underneath life is restoring its reserves and preparing for the tremendous surge of spring. Will and determination are the hallmarks of water, its capacity to find ways around all obstacles and its ability to flow are its gifts. The emotion of water is fear, the worst fear is that of not having the reserves to survive—the fear of no future.
The sound is groaning and the color, blue. Imagine the clear blue of glacial ice and the sound it makes as it moves. Our inner reservoir cleanses, lubricates and feeds us and keeps us flowing.

**Wood**

The season of Wood is spring – a time of birth, regeneration and exuberance. When the vigorous and forceful upsurge of new growth is blocked, it produces the emotion of Wood – anger. When Wood is strong, it has the power of clarity – the ability to have a vision for the future, to create a plan. Dynamic movement, strength, flexibility and coordination come from this element – like a tree that bends in the wind, but doesn’t break. Our promise and hope for the future, our sense of purpose, and our ability to make decisions, depend on Wood. The sound of Wood is shouting – reflecting that forceful energy of the element. The color is green as can be found in all the wonderful variety of greens in nature.
Art Therapy

**Background**
- Art therapy involves the creation of visual art (e.g. drawing, painting, sculpture) to cope with trauma, illness, and emotional issues. An art therapist helps to guide the patient during the creative process while working on conflict resolution and interpersonal skills.

**Benefits**
- Some of the benefits of art therapy include the treatment of anxiety, depression, and emotional problems as well as improved self-esteem and personal relationships.

**Considerations**
- Art therapists should hold a master’s degree in art therapy and be registered as an Art Therapist (ATR) with the Art Therapy Credentials Board.

**Resources**

https://arttherapy.org/about-art-therapy/
Using Art Therapy With Your Child With Special Needs

Parents are often surprised to know that piece of paper that your child just scribbled on is valuable. Self expression through art making is a powerful yet safe way of allowing your child to express their feelings in relation to their disability. Although in certain situations it is wise to seek out a trained art therapy professional, as parents, you can incorporate some of the same tools professionals use into your play time with your child at home.

1. What Kinds Of Materials Should I Provide?

It is important to keep in mind the developmental phase of your child when choosing materials. You already know that your child’s physical limitations do not always correspond to their developmental level. For example, if your school age child has difficulty manually grasping objects, still offer him or her more sophisticated art materials that you would a younger child; e.g., large oil pastels are as easy to grasp as big crayons but tend to look and feel more mature.
2. How Should I Respond To My Child’s Artwork?

When children share their imagery with you, they are showing that they trust you enough to let you into their inner world. Children are the rulers of their inner world. You can help them add verbal language to describe their internal experience by reflecting what you see in non-judgmental terms: “I see you drew a green tree. I see a little girl who seems sad.” By being objective, you’re allowing your child to feel comfortable about sharing.

3. What If My Child Draws Unpleasant Images?

Often parents or teachers are troubled by the expression of negative emotions in a child’s artwork. Though certainly not as appealing and perhaps even alarming to the viewer, these are actually a form of sublimation, a psychological defense mechanism. If your child has expressed strong feelings in his or her imagery, you may want to compliment your child for using pictures or art as a safe container for feelings. Remind your child that all feelings are okay as long as we express them in a way that is not harmful to ourselves or other people.

4. What the Heck is Sublimation and Why is it Important?

Sublimation is a sophisticated psychological defense mechanism in which people transfer socially unacceptable impulses into more socially acceptable behaviors.
Socially inappropriate urges may be represented symbolically – e.g., your son doesn’t literally want a dragon to breathe fire on his sister, but his image of doing so is perhaps an indication of desire for power and control that is a natural part of sibling rivalry. Know that often times children will overcompensate for any feelings of inferiority or vulnerability by creating imagery that is opposite of their internal experience. For example, a child who is less strong than his or her peers may draw powerful superheroes. If violent drawings are a pattern for your child and your child displays other indications of violence, seek out the support of a trained professional.

5. Ask Questions To Create Dialogue.

Avoid too many questions about your child’s imagery. Questions are actually commands in that they demand a response, and can be perceived by your child as being unsupportive. Make sure you give your child at least 5-10 seconds to answer a question before asking another one.

6. And Finally ... Have Fun!

Art making with your child can be a wonderful way to strengthen your relationship. Don’t put too much emphasis on the final product, relax and have fun. The creative process itself will empower children to safely explore their limits and reach their full potential.
Ayurvedic Medicine

Background
- Ayurvedic medicine is the traditional medicine system of India, with origins dating back to 1500 BC. The system emphasizes healthy eating and the use of herbs like cinnamon and turmeric to cure disease. Other practices include variations of yoga, meditation, and massage.

Benefits
- Many of the herbs used in ayurvedic medicine have antioxidant properties, which may lower the risk of cancer and cardiovascular disease. Ayurvedic yoga can help to reduce stress and promote general wellbeing.

Considerations
- Ayurvedic medicine is a relatively new practice in the United States with no current national licensing standards for practitioners. Be sure to look for experienced, state-approved practitioners. Some herbs may contain mercury and other heavy metals and should be researched before being taken.

Resources
http://www.ayurvedanama.org/?
**Biofeedback**

**Background**
- Biofeedback involves using body function monitors to help a patient better control physical processes. For example, a patient might observe their pulse on a heart monitor to slow down a fast heart rate. Some of the functions that can be measured by medical instruments are muscle tension, heart rate variability, brainwaves, and breathing.

**Benefits**
- Biofeedback can be used to manage several body processes. Some of the benefits of biofeedback include relieving headaches and migraines, correcting abnormal heart rhythms, and reducing bedwetting.

**Considerations**
- Research studies on different applications of biofeedback therapy are still underway. Consider using a practitioner who is licensed by the Biofeedback Certification International Alliance.
Buteyko Method

Background

The Buteyko method is a series of breathing techniques developed in the 1950’s by Ukrainian scientist Konstantin Buteyko. The techniques center on breathing through the nose in order to treat asthma and other medical conditions. Nasal breathing helps to clean, warm, and humidify the air entering the lungs.

Benefits

The Buteyko method was developed primarily to treat asthma in adults and children, but it may also help the symptoms of sleep apnea, snoring, and panic attacks.

Considerations

Be sure to find a practitioner who has been well trained through the Buteyko Education and Training Centre.

Resources

Certified Buteyko Practitioners
Every Breath You Take
by Dr. Paul Amieisen

The Carbon Dioxide Syndrome
by Jennifer and Russell Stark

Hyperventilation Syndrome
by Dinah Bradley
Chiropractic Medicine

Background

- Chiropractic medicine is a series of techniques designed to treat problems with the spine, muscles, and skeletal system. It was developed in the late 19th century in Iowa as a way to treat neurological disorders. Techniques include manipulation and alignment of the spine and joints, as well as various forms of massage.

Benefits

- Some of the benefits of chiropractic medicine include the treatment of back pain and headaches, as well as whiplash (neck pain).

Considerations

- Chiropractic manipulation is generally safe when performed by a skilled professional. In the United States, chiropractors are awarded a Doctor of Chiropractic degree (D.C.) by a licensed university.

Resources

Craniosacral Therapy

Background
- Craniosacral therapy involves the manipulation of the bones in the spine and skull to promote cerebrospinal fluid (CSF) circulation. CSF cushions the brain and spinal cord, protecting them from traumatic injury. Craniosacral therapists use touch and massage to detect and increase the flow of CSF.

Benefits
- Craniosacral therapy is used to treat migraines, stress, TMJ syndrome, and chronic pain conditions like fibromyalgia.

Considerations
- Craniosacral therapy is typically performed by osteopaths (D.O.) and chiropractors (D.C.), as well as licensed massage therapists. The pressure exerted is usually very gentle, so there is little risk of damage to the bones or nervous system.
Dance Therapy

Background

- Dance therapy is a form of expressive therapy that uses movement and dance to treat physical, behavioral, or emotional conditions. The therapy is based on the principles of connecting body and mind in order to achieve balance and a sense of wholeness.

Benefits

- Dance therapy has been shown to improve motor skills and cognitive ability in people with autism, blindness, and the elderly.

Considerations

- The American Dance Therapy Association recognizes only a handful of master’s programs that award Registered Dance/Movement Therapist (R-DMT) degrees.
Emotional Freedom Technique

Background
- Emotional Freedom Technique (EFT) is similar to acupressure in its description of focused points of energy on the body. In EFT, the practitioner taps points of the face, hand, or chest while asking the patient for feedback.

Benefits
- EFT is used to treat emotional problems and its benefits most likely stem from components of cognitive therapy and distraction from negative thoughts.

Considerations
- There are no universally agreed upon standards or practices for EFT therapists, so choose someone who can provide references and who you feel comfortable with.

Resources
Energy Work

Background
- Energy therapies are based on the belief that energy fields can be manipulated with heat, light, and sound in order to relieve pain or stress. Energy work involves the balancing of these fields through the non-contact or light touch of a trained therapist.

Benefits
- Energy therapies are used to relieve a wide range of symptoms, including chronic pain, anxiety, and poor circulation.

Considerations
- Several kinds of energy therapies exist, such as Reiki, healing touch, jin shin jyutsu, and zero balancing. Choose the treatment that you find comfortable and effective for you.
What is Healing Touch?

Healing Touch is an energy based therapeutic approach to health and healing using touch and non-contact to influence the Energy System (see handout of energy centers). Healing Touch is used to clear, energize and balance the energy field, affecting physical, emotional, mental and spiritual health and healing. The goal of Healing Touch is to restore harmony and balance allowing self-healing to take place. Healing Touch compliments traditional care and other complementary/alternative approaches to healing. Healing Touch can help with: relief of pain, anxiety, stress & fatigue reduction, general well being, headaches/migraines, skin problems, hypertension, wound and fracture healing and decrease symptoms in acute or chronic disease.

The Healing Touch program was started by Janet Mentgen, a registered nurse who combined various energetic healing techniques to create a program for nurses to learn complementary and holistic techniques of healing. The American Holistic Nurses’ Association endorses Healing Touch.

Applying Healing Touch Techniques

Before treating yourself: Center and ground yourself. Breathe deeply and slowly until you feel calm and peaceful, connected with yourself. You can imagine growing roots to the earth to help ground you.
Assess the energy field: Move your hands gently 2-4 inches off the body, going from head to toe, observing sensations. You may feel or sense differences in the field with your hands: hot, cold, dense, tingling, prickly, static, etc. It is ok to proceed with techniques in an area that is bothering you even if you are not able to perceive differences in the area with a scan of your hand.

Description and Uses of Techniques

Hands in Motion: This technique clears the field. With palms toward the body, use a slow, rhythmic, downward sweeping, hand over hand motion to relieve congestion and pain. Uses: anxiety, headaches, depression, pain, injuries, sprains, etc.

Hands Still: This is performed by placing hands lightly on or above the area of discomfort. The intention is to balance the energy in the area. Uses: pain, congestion or discomfort.

Ultrasound: Hold thumb, first, and second fingers together, directing energy from the palm down into the fingers. The image is to create a beam of light from the fingers. Hand then moves above the area without touching and moves in either circles or back and forth. Used to treat: pain, arthritis, sinus congestion, bruise, breaking up congestion, wounds, and enhances the healing process.

Reassess: As above in assessing the energy field, reassess and see if there are changes, If not, continue with the interventions in combinations until you feel relief.
**Ground:** Ground yourself by feeling the floor with your feet, taking a few deep breaths, wiggling fingers and toes to come back to a state of alert and awareness.

**Evaluate/End:** Knowing when to stop. The sensations will feel smooth or balanced. Sensations of energy moving come to a stop. Temperature may change. Pain or discomfort decreases or stops.
Equine Therapy

Background
- Also described as horse/human interaction, equine therapy uses contact and bonding with horses to promote physical and psychological well-being. The therapy can include therapeutic riding and simple interactions like grooming and horse painting.

Benefits
- Equine therapy is used worldwide to treat adults and children with a wide range of cognitive, physical, and emotional conditions. Therapy has been shown to lower blood pressure, build self-esteem, and foster social interaction in children with autism.

Considerations
- Riding sessions should always be supervised by a certified instructor. The North American Riding for the Handicapped Association focuses on helping individuals with physical disabilities, while the Equine Assisted Growth and Learning Association focuses on the mental-health aspects of equine therapy.

Resources
- http://www.americanhippotherapyassociation.org/hippotherapy/find-a-therapist/
The Three Main Types of Equine Therapy

**Equine Assisted Psychotherapy (EAP)**
Horses are used as a tool to help develop confidence, trust, communication skills, relationships, and address fears. What happens in the arena with a horse often parallels what happens in real life. Since horses are nonjudgmental and accepting of diversity, they are a great way to practice healthy responses to a variety of situations.

**Therapeutic Riding**
People of all abilities are taught how to ride a horse. As with EAP, clients will feel empowered by the skills they develop and use to direct a 1200 pound animal in the direction they want to go. This is beneficial both mentally and physically for the client.

**Hippotherapy**
Clients work with an Occupational, physical or recreational therapist to develop and strengthen muscle groups as needed for rehabilitation and exercise.
Guided Imagery

Background
Guided imagery relies on the power of the mind to elicit a response from the body. It involves the use of directed thoughts and suggestions in order to create a focused or relaxed state. An instructor may help to guide the patient’s imagination by playing music or following a particular script.

Benefits
Some of the benefits of guided imagery include relaxation, decreased blood pressure, and help with the attainment of goals like weight loss or quitting smoking.

Considerations
Guided imagery has no known risks, but it is thought to be most effective when administered by a trained therapist.

Resources
http://www.innerhealthstudio.com/guided-imagery-scripts.html