

Mind-Body Medicine at the Bastyr Center for Natural Health

Welcome to mind-body medicine at BCNH. We are glad that you have chosen to visit our clinic and look forward to the possibility of working with you in support of your health and wellness.

MIND-BODY MEDICINE

Health is more than the elimination of disease or symptoms. Many studies have shown that mental/emotional stress causes physical changes in the body, which can lead to health problems. Studies also show that the body heals faster and the immune system operates better when the body is in a state of relaxation. Because emotional, mental, social, spiritual and behavioral factors can directly affect your health, Bastyr Center's mind-body medicine clinicians focus on helping you create a sense of balance, peace and resiliency. Finding your inner resources, your inner strength and cultivating a sense of meaning and purpose in life are at the very heart of this approach, as our clinicians help you *train* to live in a way that would most benefit your whole-person well-being.

WHAT YOU CAN EXPECT

Mind-body medicine is a collaborative process between you and your clinician. Together we help you identify your concrete treatment goals, your assessment strategies and home practices to move you toward those goals. Because the first step of mind-body medicine involves self-awareness, you will be invited to monitor your physical sensations, moods and emotions, thought patterns and habitual behaviors. You will also be asked to engage in home practices that mirror the training you practice in session.

Consistent use of mind-body techniques that can help produce a health-promoting state include:

- Biofeedback - *This technique helps you learn how to use your own bodily signals to improve your health and well-being. By monitoring bodily signals, you can gain control over physiological reactions that are usually considered unconscious or automatic.*
- Meditation and Mindfulness Training
- Autogenic Training and Self-Hypnosis
- Guided Imagery
- Breathwork
- Journaling
- Relaxation Techniques
- Physical and Postural Exercises

Research has shown that daily home practice (20 minutes, twice a day) between sessions is required to rewire the nervous system. The more your practice, the more effective your training will be. Please consider if this is something to which you are willing and able to commit.

CONDITIONS MIND-BODY MEDICINE CAN TREAT

While mind-body medicine treats the whole person rather than focusing on a diagnosis or disease, using your current symptoms as a guide for treatment success is useful. Conditions for which mind-body medicine techniques can be helpful include:

- Addictions
- Anxiety
- Asthma
- ADD/ADHD
- Chronic insomnia
- Chronic pain
- Depression
- Fatigue
- Headaches
- High blood pressure
- Hyperactivity
- Insomnia
- Irritable bowel syndrome
- PMS
- Poor muscle control
- Raynaud's disease

SCHEDULING APPOINTMENTS

Patients often find maximum benefit from consistent mind-body medicine sessions, ranging from as few as 10 sessions to upward of 25 to 30 sessions depending on your chief concerns. To reap the most benefit from mind-body medicine, we request a commitment of six weekly sessions in a row to beginning the process. BCNH requires a minimum of 24 hours notice if you need to cancel your scheduled appointment, and we would greatly appreciate as much advanced notice as possible if you are unable to make it to your session. The price for mind-body medicine appointments are \$25 per visit

ATTENDANCE POLICY

We often have individuals waiting for openings, so we are ordinarily unable to keep a patient on our schedule who misses multiple appointments. If a person “no-shows” for two appointments during one quarter, misses three (3) appointments in a row or misses half of the appointments over a six-week period, that person may be taken off of the clinic schedule during the given academic quarter. After the problems causing the missed appointments have been resolved, the individual would be invited back for the subsequent quarter. If you have a medical illness or any other issue that you think may prevent you from attending regularly scheduled appointments, please let your clinician know so that we can support you in finding a workable solution to continuing care.

WHAT TO REMEMBER BEFORE YOUR MIND-BODY MEDICINE / BIOFEEDBACK SHIFT

- No smoking 30 minutes – 1 hour prior to training
- No aerobic exercise 1 hour prior to training
- No caffeine 1 hour prior to training
- No heavy meals 1.5 hours prior to training
- Please note all your medications and when last taken (e.g. did you take your thyroid, antidepressant or antihypertensive medications today and what time - within an hour prior to training?)