

Mind-Body Medicine: An Introduction to Healing Experiences

***Calming the Mind, Relaxing the
Body, and Renewing the Spirit***

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What is Mind-Body Medicine?

- ◆ Mind-Body Medicine asserts that:
 - there is a connection and an interaction between the mind and the body. Each has a powerful healing effect on the other.
 - the physical, emotional, mental, social and spiritual aspects of our lives directly effect our health and well-being.

What is Mind-Body Medicine?

- ◆ Mind-Body Medicine:
 - respects and enhances each person's capacity for self-knowledge and self-care
 - views illness and adversity as an opportunity for personal growth and transformation

Healing verses Curing

- ◆ What is healing?
 - Seeking harmony and balance in all aspects of our lives
 - Attaining inner peace
 - Cultivating creativity, passion and love

Healing verses Curing

◆ What is healing?

- Developing confidence and trust in ourselves
- Awareness and transcendence of our fears

Healing verses Curing

- ◆ What is Curing?

- the eradication of disease

- the restoration of normal tissue

Mind-Body Medicine Healing Modalities

- ◆ Body Awareness and Relaxation
- ◆ Meditation
- ◆ Autogenic Training/Biofeedback
- ◆ Guided Imagery

Mind-BodyMedicine Healing Modalities

- ◆ Body Awareness and Relaxation
 - focuses full attention on the sensations of each part of the body without judgment
 - relaxes any part of the body that is feeling tense, tight or uncomfortable.

Mind-Body Medicine Healing Modalities

◆ Meditation

- Focuses on one specific thing intentionally and non-judgmentally in the **present moment**
- When we are able to focus on just what is happening in the present moment, our minds cannot be anxious, worried or distressed about other issues.

Mind-Body Medicine Healing Modalities

- ◆ Autogenic Training/Biofeedback
 - The use of specific verbal commands to bring about the relaxation response

Mind-Body Medicine Healing Modalities

◆ Biofeedback

- Method of obtaining information from the body using a biofeedback device (machine, thermistor, or biodot)

Mind-Body Medicine Healing Modalities

◆ Guided Imagery

- Uses the imagination to help the body and the mind heal, stay strong and perform as needed
- Directed day-dreaming
- Fosters communication between the mind and the body

