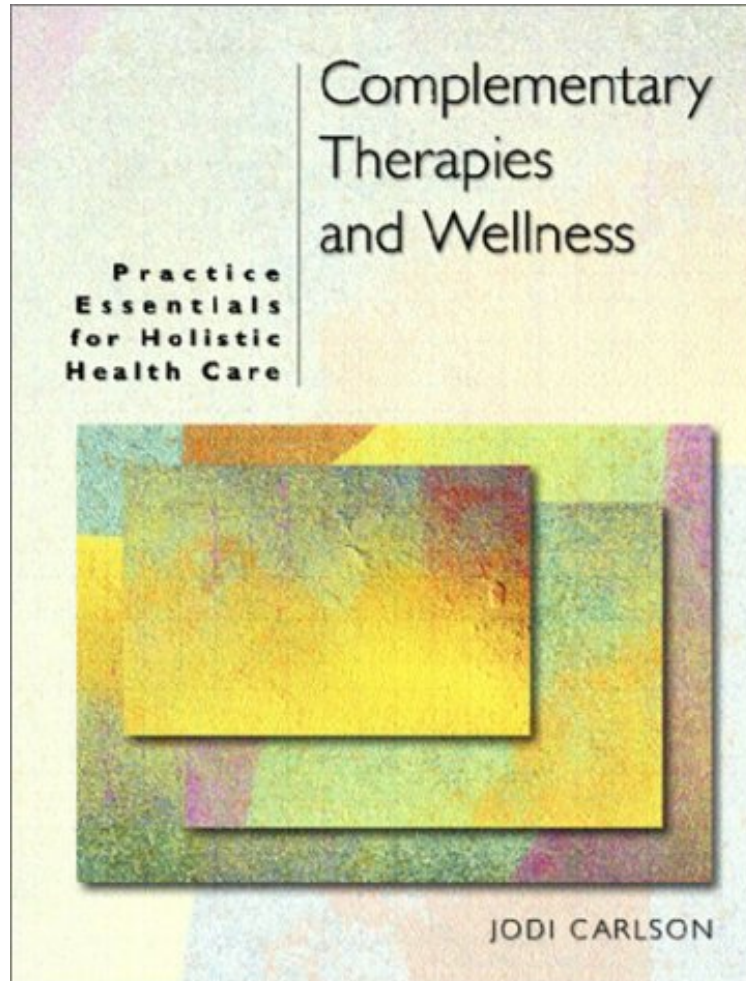


## Complementary Therapies and Wellness

*Jodi Carlson MS OTR/L*

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#1087767 in Books 2002-08-17 Original language: English PDF # 1 9.10 x .90 x 6.90l, 1.30 #File Name: 0130319368386 pages | File size: 45.Mb

**Jodi Carlson MS OTR/L : Complementary Therapies and Wellness** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Complementary Therapies and Wellness:

0 of 0 people found the following review helpful. Excellent book By Sally C Great book with lots of valuable information. This was much cheaper than anywhere else I could find it. Highly recommend this book for anyone wanting to get their body healthy without chemicals, additives and preservatives. Arrived promptly, well packaged. 0 of 0 people found the following review helpful. Three Stars By Cornell L Marshburn I needed it for a class. 0 of 0 people found the following review helpful. A great introduction to many techniques By Brian Yocom Although this book is written for therapists to acquaint them with complementary therapies to enhance their practice, I recommend it as a great overview for anyone wanting to find ways of enriching their health and well being. It provides a brief history of many techniques, suggestions as to how they might be incorporated into OT or PT practices, information on training

abd credentialling, and great bibliographies of resources for finding out more. It does NOT go into depth on applying the techniques DIY, but you can learn a lot of these in the referenced materials.

This book provides practical information about complementary care and wellness in addition to specific information about many therapeutic approaches that therapists use. Legal Aspects of Practice. Utilization, Reimbursement, Legislative, Fraud and Abuse, and Documentation Issues. Researching Alternative Therapies. Creating and Integrative Clinic. Developing Therapeutic Presence. Introduction to Asian Medical Systems. Introduction to Energy Therapies. Introduction to Manual and Body Based Approaches. Introduction to Mind/Body Therapies. Introduction to Wellness and Health Promotion. Biofeedback. Craniosacral Therapy. The Feldenkrais Methodtrade;. Imagery. Myofascial Release. Non-Contact Therapeutic Touch. Reflexology. Reiki. Relaxation, Meditation, and Breath. Shiatsu. Structural Integration (Rolfing). Tai Chi. Yoga. Stress Management. Pain Control. Women's Health. AIDS. Smoking Cessation. For anyone interested in Alternative Healing.

From the Back Cover Complementary Therapies and Wellness is the essential text for practical information about complementary care and wellness. Jodi Carlson and a team of leading experts in the field have compiled a complete resource for specific information about the many therapeutic approaches including reflexology, meditation, shiatsu, tai chi, yoga, and more. Comprehensive and complete, it also details all of the "need-to-know" basics from a historical summation to legal implications and documentation. Features: Cutting edge content, authoritatively written by leading authors. Comprehensive coverage of the many methods and modalities that are used in physical and occupational practice. Detailed discussion of foundational principles including Asian medical systems, energy therapies, and mind/body interventions. Application of principles to various groups of people and/or problems. Chapter-ending review questions. Focus Boxes highlight key issues within each chapter. Detailed Appendix with additional holistic therapies and resources. About the Author Jodi L. Carlson, M.S., O.T.R./L., Associate Editor, Physical and Occupational Therapy in Geriatrics; home health care therapist. (Chapter 1, "Basic Concepts," and Chapter 11, "Introduction to Mind-Body Interventions") Excerpt. copy; Reprinted by permission. All rights reserved. One of the interesting aspects of interacting with people who practice holistically is determining how each practitioner became interested in such practice. I came to the study of holistic practice and complementary therapies through my interest in spirituality, relaxation, and imagery. As an undergraduate, I studied all of the theology I could get my hands on, searching, I now realize, for a spiritual practice. I wanted to feel centered and whole. Carolyn Myss, author of Energy Anatomy (Boulder, CO: Sounds True, 1996), laughs when she speaks of trying to find God by studying. I don't think that this is so uncommon for some academic types. And at the very least I value the impulse. When I became an occupational therapist, I channeled some of this search into learning therapeutic techniques such as relaxation and imagery, which helped me access a feeling of being centered and whole. Regular practice of such methods has enhanced both my personal life and clinical skills. Personally, these methods have enhanced my development, or emotional maturity, as I have been able to focus more on what is truly important and gradually leave behind the "blocks" (sometimes they feel like pieces of granite) I carry from childhood and develop day to day. Clinically, these methods have allowed me to better "walk the talk" of a therapist—doing what I ask of my clients—and to be as fully "present" as possible in therapeutic interactions. It seems fitting to continue my involvement in integrative practices by editing this text. The audience—students and practitioners of physical and occupational therapy—is diverse, Some of you might be wondering why you are even reading this book, having been assigned readings for a course. Others may already practice alternative therapies or have an integrative practice and seek more knowledge so that you can better integrate the therapies into your practice. Whomever you are, I hope that you will come away from this book with an expanded awareness of what is possible in the realms of health care practice.